

HOW DO YOU TELL THEM APART?

If you have a cough, fever and shortness of breath, or your muscles are aching, your first thought might be that you have **COVID-19**. Yet, these are **also signs of the flu** – and some of them can also be signs of a **cold or seasonal allergy**.



Learn the differences between symptoms of the flu, COVID-19, a cold and seasonal allergies:

SYMPTOMS		 THE FLU	 COVID-19	 A COLD	 SEASONAL ALLERGIES
 Cough ⁽¹⁾		Usually	Usually (dry)	Usually	Sometimes
 Fever ⁽¹⁾		Usually (not always)	Usually	Sometimes	Never
 Muscle aches ⁽¹⁾		Usually	Usually	Sometimes	Never
 Tiredness ⁽¹⁾		Usually	Usually	Sometimes	Sometimes
 Shortness of breath ⁽¹⁾⁽²⁾		Usually	Usually	Never	Sometimes
 Itchy nose, eyes, mouth or inner ear ⁽¹⁾⁽³⁾⁽⁴⁾		Sometimes	Never	Sometimes	Usually
 Sneezing ⁽¹⁾⁽²⁾⁽⁵⁾		Sometimes	Rarely	Sometimes	Usually
 Sore throat ⁽¹⁾		Usually	Usually	Usually	Rarely
 Runny/stuffy nose ⁽¹⁾		Usually	Usually	Usually	Usually
 Pink eye (conjunctivitis) ⁽¹⁾⁽⁶⁾		Sometimes (viral)	Sometimes	Sometimes (viral)	Sometimes
 Nausea or vomiting ⁽¹⁾⁽⁷⁾⁽⁸⁾		Sometimes (more common in children)	Sometimes	Never	Never
 Diarrhea ⁽¹⁾⁽⁷⁾⁽⁸⁾		Sometimes (more common in children)	Sometimes	Never	Never
 New loss of taste or smell ⁽¹⁾		Rarely	Usually (early, often without)	Sometimes (especially with a stuffy nose)	Sometimes
 Rash ⁽⁴⁾⁽⁹⁾⁽¹⁰⁾⁽¹¹⁾		Rarely	Sometimes	Rarely	Sometimes



References

- (1) <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-cold-flu-and-allergies-differences/art-20503981>
- (2) https://www.health.gov.au/sites/default/files/documents/2020/09/coronavirus-covid-19-identifying-the-symptoms_0.pdf
- (3) <https://mountaintop.com/blog/what-causes-itchy-ears-and-throat>
- (4) <https://gollaent.com/blog/why-do-your-ears-itch-when-you-have-a-cold-or-the-flu>
- (5) <https://newsinhealth.nih.gov/2014/10/cold-flu-or-allergy>
- (6) <https://www.cdc.gov/conjunctivitis/about/symptoms.html>
- (7) <https://www.healthline.com/health/cold-flu/cold-or-flu>
- (8) <https://acaai.org/allergies/symptoms/nausea-and-vomiting/>
- (9) <https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/skin-disorders/>
- (10) <https://www.medicalnewstoday.com/articles/326952>
- (11) <https://www.healthline.com/health/allergies/allergies-or-cold>

Don't let the flu bug you

Find out how to fight the flu: www.influenzahub.com