

What are common symptoms of Allergies, Cold, Flu and COVID-19?

UVMHealth.org/Flu

SYMPTOM	ALLERGIES	COLD	SEASONAL FLU	COVID-19
How Do You Feel?	Waxes and wanes over several weeks to months, depending on allergens.	Tends to start slow and get worse over a few days. You feel lousy, but it usually doesn't disrupt your life.	Can develop rapidly or over 1-5 days. It hits you harder, making you feel wiped out and unable to do your normal daily routine.	Often rapid onset. Symptoms severity varies by individual - asymptomatic to severe symptoms.
Fever	None	Not common	Common, however not everyone will get a fever.	Common, however not everyone will get a fever.
Coughing	Sometimes	Dry or wet, non-productive, hacking cough often present, often worse at night.	A dry or wet, mucus-producing cough is often present.	Common, usually dry.
Aches	Not common	Slight body aches and pains can be present.	Moderate to severe aches are common.	Moderate to severe aches are common.
Stuffy Nose	Common, often waxes and wanes.	Common, typically resolves within a week.	Sometimes present	Sometimes present
Chills & Sweats	None	Not common	Mild to moderate	Common with fever.
Tiredness	Sometimes	None to a mild lack of energy.	Moderate to severe lack of energy.	Sometimes
Sneezing	Common	Commonly present	Depends on flu strain.	Common
Headache	Common with sinus congestion.	Not common	Common	Common
Sore Throat	Usually mild, often related to postnasal drip.	Common	Depends on flu strain.	Common
Nausea	Not common	Not common	Sometimes	Not common
Difficulty Breathing	Mild	Mild to moderate	Moderate to severe	Common, can be severe.
Complications	Generally does not result in serious health problems. Often also has itchy, watery eyes.	Generally does not result in serious health problems.	May exacerbate chronic conditions, such as asthma or cardiac issues, or result in other health complications.	May exacerbate chronic conditions. Can result in pneumonia, respiratory failure, multi-organ failure.

Think you have the flu? Contact your doctor's office to discuss your care, especially if you are 65+; have an existing health condition like asthma, diabetes, heart or immunity issues; or if you are pregnant.