

What's the difference between COVID-19 and seasonal allergies?

Unlike COVID-19, **seasonal allergies** ARE NOT caused by a virus. **Seasonal allergies** are immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens.

COVID-19 and seasonal allergies cause many of the same signs and symptoms. However, there are some differences.

Symptom check: Is it COVID-19 or seasonal allergies?

<u>Symptom or sign</u>	<u>COVID-19</u>	<u>Allergy</u>
Cough	Usually (dry)	Sometimes
Fever	Usually	Never
Muscle aches	Usually	Never
Tiredness	Usually	Sometimes
Itchy nose, eyes, mouth or inner ear	Never	Usually
Sneezing	Rarely	Usually
Sore throat	Usually	Rarely
Runny or stuffy nose	Usually	Usually
Pink eye (conjunctivitis)	Sometimes	Sometimes
Nausea or vomiting	Sometimes	Never
Diarrhea	Sometimes	Never
New loss of taste or smell	*Usually	Sometimes

*(early often without a runny or stuffy nose)

Also, while **COVID-19** can cause shortness of breath or difficulty breathing, **seasonal allergies** don't usually cause these symptoms unless you have a respiratory condition such as asthma that can be triggered by pollen exposure.

Treatment of seasonal allergies may include over-the-counter or prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible. Seasonal allergies may last several weeks.