

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, productive, mucus producing cough is often present	Common, usually dry
Aches	Not common	Slight body aches and pains can be present	Moderate to severe aches common	Sometimes
Stuffy Nose	Common, often waxes and wanes	Common, typically resolves within a week	Sometimes present	Not common
Chills & Sweats	None	Not common	Mild to moderate	Common with fever
Tiredness	Sometimes	None to mild lack of energy	Moderate to severe lack of energy	Sometimes
Sneezing	Common	Commonly present	Depends on flu strain	Rarely
Headache	Commonly with sinus congestion	Not common	Common	Sometimes
Sore Throat	Usually mild, often related to post nasal drip	Common	Depends on flu strain	Sometimes
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.