

## Differences between allergies and COVID-19\*

With COVID-19 overlapping with the allergy season, it can be hard to know what your symptoms are telling you. There are some main symptoms that are different between allergies and COVID-19, but it's easy to get them confused since they have similarities. If you have never had allergies and are experiencing symptoms, or you normally have allergies but are experiencing new or unusual symptoms, please speak with a healthcare provider or use the online provincial COVID-19 self-assessment tools that can be found on [Pharmasave.com](https://www.pharmasave.com).

| Symptoms                               | Seasonal allergies (starts with triggers such as dust or pollen) | COVID-19 (could start in 2-14 days) |
|----------------------------------------|------------------------------------------------------------------|-------------------------------------|
| <b>Fever</b>                           | None                                                             | ✓ Common                            |
| <b>Cough</b>                           | Sometimes (asthmatic, or due to post-nasal drip)                 | ✓ Common                            |
| <b>Shortness of breath</b>             | Sometimes (asthma/COPD flares)                                   | Sometimes                           |
| <b>Runny or stuffy nose</b>            | ✓ Common                                                         | Sometimes, rare                     |
| <b>Sneezing</b>                        | ✓ Common                                                         | Rare                                |
| <b>Sore throat</b>                     | Itchiness                                                        | Sometimes                           |
| <b>Red, watery or itchy eyes</b>       | ✓ Common                                                         | Rare (pink eye)                     |
| <b>Fatigue</b>                         | None                                                             | Sometimes                           |
| <b>Headache</b>                        | Rare (due to nasal congestion)                                   | Sometimes                           |
| <b>Aches and pains</b>                 | None                                                             | ✓ Common                            |
| <b>Loss of appetite</b>                | None                                                             | ✓ Common                            |
| <b>Diarrhea</b>                        | None                                                             | Sometimes                           |
| <b>Loss of sense of smell or taste</b> | Sometimes, rare (temporary loss of sense of smell)               | Sometimes                           |
| <b>Length of symptoms</b>              | Days to duration of allergy season                               | 7-25 days **                        |

\*The table does not contain complete information on each condition or diagnosis. The information is not meant to replace any information or advice that your healthcare provider has provided to you. You should call your pharmacist or speak to your healthcare provider if you have any questions. \*\*or longer depending on severity