

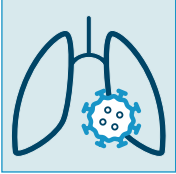


# Allergies, Cold or COVID-19 Virus?



Here's how to tell the difference between allergy symptoms and COVID-19.

Symptoms	<b>ALLERGIES</b> 	<b>COLD</b> 	<b>COVID-19</b> 
Symptoms begin	Gradually	Gradually	Within 14 days of exposure
Symptoms last	Allergy season	4 – 10 days	Varies by Person
Body aches	–	✓	Sometimes
Chills	–	Less Common	Sometimes
Dry cough	✓	✓	✓
Exposure to germs	–	✓	✓
Fatigue/Weakness	Sometimes	✓	✓
Fever	–	Less Common	✓
Headaches	✓	Less Common	Sometimes
Itchy eyes	✓	–	–
Nasal Congestion	✓	✓	Less Common
Nausea/Vomiting/Diarrhea	–	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	✓
Repeated shaking with chills	–	Sometimes	Sometimes
Runny nose	✓	✓	Less Common
Sneeze	✓	✓	Sometimes
Sore throat	Sometimes	✓	Sometimes
Shortness of breath	Sometimes	Less Common	✓
Symptoms get worse	–	–	✓

## Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease.

[njhealth.org](http://njhealth.org)

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