

Allergies, Cold, Flu or COVID-19?

	Allergies	Common Cold	Flu	COVID-19
CAUSE	Toxins, pollens	Virus, through respiratory droplets and touching surfaces	Virus, through respiratory droplets and touching surfaces	Virus, through respiratory droplets and touching surfaces
DURATION	Days to months	10 to 14 days	10 to 14 days	Two to 14 days
TIME OF YEAR	Any time of the year, although usually seasonal	Anytime, mostly in the winter	Typically November through April	Anytime
Symptoms				
COUGH	Sometimes	Often, sometimes hacking	Sometimes severe	Yes, usually dry
ACHES	No	Sometimes slight	Usually, often severe	Usually, often severe
FATIGUE, WEAKNESS	Rarely	Sometimes	Usually, often severe	Usually, often severe
FEVER, CHILLS	No	Rarely	Usually, often severe	Usually, often severe
ITCHY EYES & NOSE	Often	No	No	Common
SORE THROAT	Sometimes	Often	Uncommon	Common
RUNNY, STUFFY NOSE	Often, usually clear mucus	Often, usually yellow mucus	Uncommon	Common
SNEEZING	Usually	Sometimes	Uncommon	Common
HEADACHE	Rarely	Uncommon	Common	Common
DIARRHEA	No	No	Sometimes for children	Sometimes
SHORTNESS OF BREATH	No	No	No	Sometimes
CHANGE IN OR LOSS OF TASTE AND SMELL	No	No	No	Sometimes
Prevention				
VACCINES	No	No, but good hygiene and handwashing can limit exposure	Yes, a new one each year	Yes, the COVID-19 vaccines



The best way to prevent getting sick is practicing good hygiene. This includes frequent handwashing, disinfecting surfaces and covering coughs and sneezes. Visit [OhioHealth.com/Blog](https://www.ohiohealth.com/blog) for more tips to stay healthy.

