

Is it **COVID-19**, the **flu**, or **allergies**?



Get Tested. Get the Answer.

Simple diagnostic tests can help you move from wondering and worrying to knowing what symptoms mean. Speak with your healthcare provider about getting tested to get the answers. Be ready to describe your symptoms and their frequency to help your healthcare provider determine which tests may be appropriate.

	Environmental Allergies <i>(abrupt onset of symptoms)</i>	Influenza <i>(abrupt onset of symptoms)</i>	COVID-19 <i>(symptoms range from mild to severe)</i>
Length of symptoms	Several Weeks	7-14 days	7-25 days
Fever	✗	+	+
			<i>(may not appear immediately)</i>
Cough	✓ <i>(from post-nasal drip)</i>	+	+
		<i>(usually dry)</i>	<i>(usually dry)</i>
Shortness of breath, chest tightness, pain	✗ <i>(possible if you have asthma)</i>	✗ <i>(possible if you have asthma)</i>	✓
Sneezing	+	✗	✗
Runny or stuffy nose	+	✓	✓
Sore throat	✓ <i>(usually mild)</i>	✓	✓
Headaches	✓ <i>(sinus headache possible with allergies)</i>	+	✓
Feeling tired and weak	✓ <i>(less severe compared to flu and COVID-19)</i>	+	✓
Body aches and pains	✗	+	✓
Diarrhea, nausea and vomiting	✗	✗ <i>(possible in children)</i>	✓

*Information is still evolving, and symptoms may vary. Many people may not have symptoms.

+ Most likely symptom **✓** Likely symptom **✗** Unlikely symptom

Source:

1. Asthma and Allergy Foundation of America. <http://community.aafa.org/blog/coronavirus-2019-ncov-flu-what-people-with-asthma-need-to-know>. Accessed August 2020
2. Centers for Disease Control and Prevention. <http://www.cdc.gov/flu/symptoms.htm>. Accessed August 2020.

Visit www.bioreference.com for more information, and speak with your healthcare provider about test options from BioReference