



American Academy of
**Allergy Asthma
& Immunology**

Is it an Allergy or COVID-19?

A brief presentation of the similarities and differences between allergies and COVID-19

Types of Allergies

- Allergic rhinitis – nasal symptoms
- Allergic conjunctivitis – affects the eyes
- Allergic asthma – chest symptoms

Allergic Rhinitis

Symptoms include:

- Itching in the nose, roof of the mouth, throat, eyes
- Sneezing
- Stuffy nose (congestion)
- Runny nose
- Tearing eyes
- Dark circles under the eyes

Timelines vary:

- Hay fever symptoms tend to flare up in the spring and fall
- Perennial allergic rhinitis symptoms are year-long

Consider History of Allergies and Exposure

- Seasonal allergies typically occur at about the same time every year and correspond with pollen or mold season
- Other allergies can be triggered by exposures
 - Pets
 - Moldy environments
- Allergies generally respond well to allergy treatment (antihistamines or nasal steroids)

Treatments

Allergies generally respond well to allergy treatment

- Antihistamines (nonsedating)
 - Sneezing
 - Itching
 - Runny nose
- Nasal corticosteroids
 - Nasal congestions
 - Best all-round symptom relief
- Antihistamine eyedrops
 - Itching
 - Redness and tearing

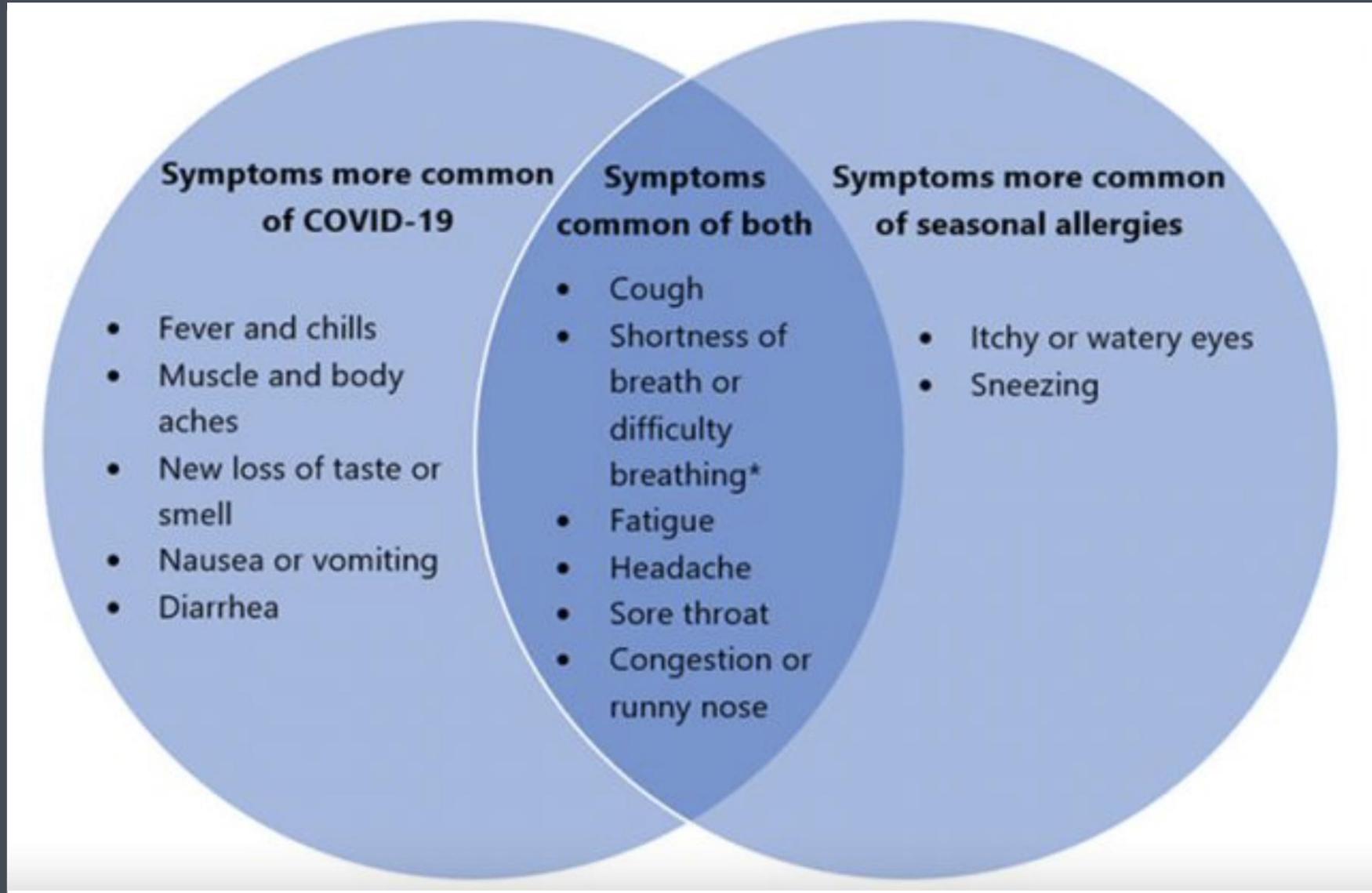
COVID-19 Symptoms

- Wide range of symptoms reported – ranging from mild symptoms to severe illness
- Symptoms may appear 2-14 days after exposure to the virus.

Common COVID-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- *New* loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Compare COVID-19 vs. Allergies



Also Consider Response to Allergy Treatment

Allergies generally respond well to allergy treatment (antihistamines or nasal steroids) whereas COVID-19, influenza, and common colds do not or only partially respond

Talk With Your Healthcare Provider

If you have specific questions about your symptoms, it is best to check in with your healthcare provider.

Additional resources for patients are available on the
AAAAI COVID-19 Resources Page:

https://education.aaaai.org/resources-for-a-i-clinicians/patientinfo_COVID-19