



## Seasonal Allergies vs Coronavirus Symptoms

The spring allergy season is here. As the weather gets warmer and you are spending more time outside, you may be experiencing some discomfort related to seasonal allergies. With the current coronavirus pandemic, it is important to distinguish between symptoms of allergies and coronavirus, or COVID-19, infection. Allergies can be treated and patients shouldn't have to suffer through this allergy season. We are here for you!

### *What are the main symptoms of allergic rhinoconjunctivitis?*

Allergic rhinoconjunctivitis refers to inflammation of the nasal passages and is the medical term for allergies that affect your nose and eyes. Up to 14% of adults and 13% of children in the US are affected by allergies each year. The main symptoms are stuffy or runny nose, itching, sneezing, and itchy and swollen eyes. This time of year, the main allergen present is tree pollen. Tree pollen season runs from March until June! Other common outdoor allergens are grass pollen and weed pollen. Allergy symptoms usually show up at the same time every year, which can be a key sign to determining if symptoms are due to allergies or infection. There are multiple different medications that can help treat symptoms of allergies and at Weiss Medical we can help you determine what works the best for you.

### *What are the main symptoms of COVID-19 or coronavirus?*

Symptoms of COVID-19 are due to a viral infection. Symptoms usually occur 2-14 days after exposure. Symptoms vary, but the most common symptoms are cough, shortness of breath, fever, chills, muscle aches, headache, sore throat, and loss of smell. If you have any questions about your current symptoms, you can call our office and we can direct you to the best place of care.

**How do I tell the difference between allergies and COVID-19 infection?**

Symptoms	Allergic Rhinconjunctivitis	Coronavirus
Nasal congestion or runny nose	<b>Common</b>	Unlikely
Sneezing	<b>Common</b>	Unlikely
Itchy eyes	<b>Common</b>	Unlikely
Watery eyes	<b>Common</b>	Unlikely
Coughing	Can occur	<b>Common</b>
Shortness of breath	Unlikely	<b>Common</b>
Headache	Can occur	Can occur
Fever and chills	Unlikely	<b>Common</b>
Sore throat	Unlikely	Can occur
Loss of smell	Can occur	Can occur
Muscle Aches	Unlikely	Can Occur

1. M.S. Dykewicz et al. Ann Allergy Asthma Immunol 2017.
2. CDC.gov: "Coronavirus Disease 2019"
3. AAAAI.org: "Coronavirus Symptoms"

Call 973-248-9199 or schedule an appointment online.

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