

# How Can I Tell the Difference Between COVID-19, the Flu, a Cold or Seasonal Allergies?

Some symptoms are similar between these respiratory illnesses. This chart can help you figure out if you may be feeling symptoms of allergies or a respiratory illness like COVID-19. If you have a fever and a cough, call your doctor. If you have seasonal allergies, there are things you can do to treat at home.

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No
 Chills/repeated shaking	Sometimes	No	Sometimes	No
 Loss of taste or smell	Sometimes	Rare	Rare	Rare

Your symptoms may vary. \*Information is still evolving. \*\*Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 4/29/20 • aafa.org/covid19

All of these conditions may worsen asthma, so it's important to keep taking your asthma control medicines.

# The Future of Asthma Care: Digital Health

The COVID-19 pandemic transformed the way we view health care. This shift highlights the opportunity to use digital health to improve asthma outcomes.

Recent advances in technology make this shift easier. “Smart” inhalers and sensors offer new ways to improve asthma management. Telehealth and telemedicine allow people with asthma to visit a doctor or nurse virtually. Mobile apps and wearable devices make it possible to track and analyze health data. Such digital health technologies can help:

- Track medicine use
- Monitor people with poorly controlled asthma and encourage better use of asthma action plans
- Gather real-world data to help people with asthma have informed chats with their doctor
- Empower people with asthma to practice better self-management
- Detect changes in air quality, sleep and talk patterns
- Tailor treatments for each person
- Fast-track innovations in asthma care

Apps and devices are becoming more widely available to people with asthma. This will shape the future of asthma care to meet the needs of the asthma community.