



# COVID-19: Identifying the symptoms

20 June 2022

Symptoms		COVID-19	Cold	Influenza	Allergies*
		Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms	May be abrupt or gradual onset of symptoms
<b>Fever</b>		Sometimes	Rare	Common	No
<b>Cough</b>		Common	Common	Common	Common (asthma)
<b>Sore Throat</b>		Common	Common	Sometimes	Sometimes (Itchy throat and palate)
<b>Shortness of Breath</b>		Sometimes	No	No	Common (asthma)
<b>Fatigue</b>		Common	Sometimes	Common	Sometimes
<b>Aches &amp; Pains</b>		Sometimes	No	Common	No
<b>Headaches</b>		Common	Common	Common	Sometimes
<b>Runny or Stuffy Nose</b>		Common	Common	Sometimes	Common
<b>Diarrhoea</b>		Rare	No	Sometimes, especially for children	No
<b>Sneezing</b>		Common	Common	No	Common

Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology.

\*Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) stay at home to reduce the risk of spreading the illness. You can visit the HealthDirect symptom checker [www.healthdirect.gov.au/symptom-checker/tool](http://www.healthdirect.gov.au/symptom-checker/tool) for advice. Remember, if you do test positive for COVID-19 you must immediately isolate.

People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.

For more information, visit [www.health.gov.au/covid19-translated](http://www.health.gov.au/covid19-translated) or call 1800 020 080. Select option 8 for free interpreting services.