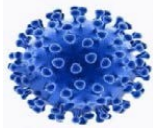
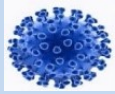






















Recognizing COVID-19 v. Seasonal Allergies



COVID-19 is a viral respiratory illness which can cause symptoms similar to other upper respiratory conditions, including seasonal allergies. As many people suffer from allergy symptoms during the spring and summer, make sure you can distinguish the symptoms of COVID-19 from common, nuisance symptoms of allergies caused by pollen, grasses, weeds and other allergens.

It is important for all Columbia personnel to recognize the symptoms of COVID-19, to ensure that they receive proper care, modify their behavior as necessary, and to be able to correctly respond to the University's daily attestation system, ReOpenCU. This Fact Sheet provides information on the important symptomatic differences between COVID-19 and seasonal allergies. All personnel are encouraged to review the information to aid in the ongoing self-monitoring of their health and wellbeing. Remember, diagnosis of COVID-19 can only be confirmed by testing. **If you are experiencing symptoms which may be COVID-19, [stay home, follow isolation and quarantine requirements, seek medical guidance, and obtain testing to confirm or rule out infection.](#)**

Symptoms May Include	COVID-19 	Seasonal Allergies 
Fever/Chills		
Cough		
Muscle Pain, Body Aches		
Headache		
Fatigue/Tiredness		
Sudden Loss of Smell or Taste *		
Shortness of Breath		Uncommon; may trigger asthma or other conditions
Sore Throat	Less common	
Runny Nose ("sniffles")	Less common	
Itchy, watery eyes		
Vomiting, Diarrhea		

* - Seasonal allergies can affect the sense of taste or smell, but usually only temporarily. A sudden and complete loss of taste or smell, especially without accompanying allergy symptoms of congestion, sneezing, or runny nose, is a recognized symptom of COVID-19.

Symptom Onset: COVID-19 symptoms most often appear within 5 days of exposure, but may be evident as soon as 2 days or as many as 14 days post-exposure. Seasonal allergy symptoms may appear anytime post-exposure, and are dependent on personal susceptibility and other factors.

Vaccine and Treatment: All personnel are [strongly encouraged to receive a COVID-19 vaccine as soon as they are eligible](#). Seasonal allergy symptoms can be treated by over-the-counter medications, such as anti-histamines, or by a doctor's prescription, if necessary.

ReOpenCU: If you are experiencing COVID-19 symptoms that may also be indicative of seasonal allergies or another illness, select the appropriate option within the app, and contact your doctor. A healthcare provider may prescribe a COVID-19 diagnostic test, or, a note which can be submitted to Leave Management for return-to-work clearance.