



HORNET HEALTHY LIVING: VOLUME 18

National Asthma & Allergy Awareness Month

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	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No