













# What's the difference?

Knowing the difference between seasonal allergies, a cold and something more serious can help you know when to seek care. Ascension is here for you. Call your doctor, or video chat with a doctor 24/7 through [ascension.org/onlinecare](https://ascension.org/onlinecare).

Symptom	(COVID-19)	Influenza	Common cold	Seasonal allergies
Seasonality	Unclear	Oct. through May	Winter	Annually by type
Length of symptoms	7-25 days	7-14 days	Less than 14 days	Several weeks
 Cough	Common	Common	Common	Rarely
 Shortness of breath	Sometimes	Uncommon	Uncommon	Uncommon
 Chest congestion	Sometimes	Rarely	Common	Rarely
 Runny nose	Rarely	Sometimes	Common	Common
 Sneezing	Uncommon	Uncommon	Common	Common
 Sore throat	Rarely	Sometimes	Common	Sometimes
 Fever	Common	Common	Common	Uncommon
 Tired	Common	Common	Sometimes	Sometimes
 Body aches	Sometimes	Common	Common	Uncommon
 Headaches	Rarely	Common	Rarely	Sometimes
 Diarrhea	Rarely	Sometimes	Uncommon	Uncommon
 Loss of appetite	Sometimes	Sometimes	Uncommon	Uncommon
Onset	Gradual	Sudden	Gradual	Seasonal