

## A note from the nurse

### Is this Seasonal Allergies or the Covid-19 virus?

Forecasters are predicting a brutal Spring allergy season. This is occurring at the same time that the Covid-19 cases are rising across Connecticut. For seasonal allergy sufferers the onset of watery eyes, sneezing, and scratchy throats can now bring anxiety. Are these my allergies? Or the onset of the Covid-19 virus?

If you have seasonal allergies and usually take daily medications, it is advisable to start if you have not already.

It can be confusing to know what you are experiencing. The following will provide some information on symptoms:

Symptoms	Allergies	Covid-19
Fever	Absent	Characteristic High (100.4°-104° F) with Sudden onset
Cough	Little or no cough	Common, hacking cough
Headache	Occasionally	Prominent
General aches and pains	Slight	Usual: often quite severe
Fatigue and weakness	Mild	Extreme
Prostration (extreme exhaustion)	Never	Early and prominent
Runny, stuffy nose	Common	Sometimes
Watery, red and itchy eyes	Common	Not usual
Sneezing	Usual	Sometimes
Short of Breath	Less common	Prominent
Scratchy sore throat	Common	Sometimes
Chest discomfort	Sometimes	Common: can be severe
Nausea/diarrhea	Less Common	Sometimes
New onset of confusion	Never	Sometimes

\*This list is not all-inclusive.

For now, your best defense against the virus is to support your immune system with sleep, exercise, and good nutrition and, most importantly, to wash your hands and practice social distancing so you don't get infected in the first place.

***It is important to note that this is not intended to provide medical advice. Please consult your medical provider if you have concerns.***

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://portal.ct.gov/Coronavirus>

<https://www.aaaai.org/>

<https://acaai.org/>

