

# How do I tell the difference between Hay fever and COVID-19?

It can be really easy to mistake hay fever and some of the early symptoms of Covid-19, especially when we are all very aware, and being very careful.

This list below will help you to spot the key differences between Hay fever and COVID-19.

If you often have hay fever, you will be familiar with the symptoms you usually get. If you notice a change to these or have specific symptoms of Covid-19, you **MUST** follow Government advice and self-isolate. If your symptoms continue or worsen, please seek advice from NHS 111 or your GP.

## Common symptoms of Hay fever

### Hay fever does not cause a high temperature

If you have any of the following, this is likely to be seasonal hay fever:

**Runny or blocked nose**

**Sneezing and coughing**

**Sore eyes**

**Itchy throat, mouth, nose & ears**

**Itchy, red, watering eyes**

**Reduced sense of smell**

**Pain around temples & forehead**

**Headache**

**Earache**

**Feeling a bit tired**

**If you have asthma, symptoms also include a tight feeling in chest, shortness of breath and wheeze and cough**

Allergy symptoms will be milder and can change throughout the day as pollen levels can be higher in the afternoon or evening. Wet weather may give you mild symptoms.

## Symptoms of Covid-19

If you have any of the following symptoms, then this is more likely to be symptoms of Covid-19:

**A high temperature** - this means hot to touch on your chest or back.

**A new persistent cough** - this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours.

If you usually have a cough, it may be worse than usual.

**Loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

**Headache**

**Shortness of breath**

**Sore throat**

**Aches and pains**

**Tiredness**

**Diarrhoea**

**Some people have reported nausea and a runny nose, but this is rare.**

If you experience symptoms that might mean you have coronavirus, follow Government advice and self-isolate.

**If symptoms continue or worsen, please seek advice from NHS 111 or your GP.**

