

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.

