



Dear Colleagues,

For some of you, this time of year is the onset of seasonal allergies, such as hay fever.

COVID-19 and seasonal allergies share some symptoms.

I thought it was timely to provide the below table, which is from the Department of Health and Human Services (DHHS).

Symptoms in both can vary from person to person, so while it's always best to seek advice from your own medical practitioner, the information here is a general guide.

Symptoms more common of COVID-19	Symptoms common of both	Symptoms more common of seasonal allergies
<ul style="list-style-type: none"> • Fever/ elevated temperature or chills • Muscle and body aches • New loss of taste or smell • Nausea or vomiting • Diarrhoea 	<ul style="list-style-type: none"> • Shortness of breath or difficulty breathing* • Cough • Fatigue • Headache • Sore throat • Congestion or runny nose 	<ul style="list-style-type: none"> • Itchy or watery eyes • Sneezing

** Seasonal allergies do not usually cause shortness of breath or difficulty breathing, unless a person has a respiratory condition such as asthma that can be triggered by exposure to pollen. Source: Department of Health and Human Services.*

If you are a regular sufferer of seasonal allergies, take your medication as outlined by your medical practitioner to avoid symptoms that would lead to the need for a COVID test. If in doubt, however, it is important to get tested for COVID-19.

Keep safe colleagues,

Rob.

Robert Duvel
Executive Director Zero Harm

