Fever, congestion, fatigue: What might your symptoms mean?

**COVID-19**
Incubation period: 1-14 days

- Common symptoms:
  - Fever
  - Dry cough
  - Shortness of breath
  - Difficulty breathing
  - Fatigue
  - Chills
  - Headache

- Sometimes:
  - Runny or stuffy nose
  - Body aches
  - Sore throat
  - New loss of taste or smell
  - Repeated shaking with chills

**Flu**
Incubation period: 1-4 days

- Common symptoms:
  - Fever/chills
  - Cough
  - Sore throat
  - Fatigue
  - Body aches
  - Headache
  - Loss of appetite

- Sometimes:
  - Runny or stuffy nose

**Allergies**
Incubation period: n/a

- Common symptoms:
  - Sneezing
  - Congestion
  - Runny or stuffy nose
  - Itchy/watery eyes

Allergy symptoms typically only affect parts of the head and are not accompanied by fever.

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