New COVID Symptoms Chart 2026

A comparative breakdown highlighting how current COVID-19 presentations differ from common viral and allergic respiratory conditions in primary care settings.

Primary Care Diagnostic Matrix

Symptom	2026 COVID-19	Common Cold	Influenza (Flu)	Seasonal Allergies
Sore / Scratchy Throat	**Very Common** (First Sign)	Common	Common	Rare (Mild Tickle)
Nasal Congestion / Runny Nose	**Very Common**	Very Common	Common	Very Common
Profound Fatigue	**Very Common**	Mild	**Severe & Sudden**	Rare
Headache	**Common**	Rare	**Common & Severe**	Occasional (Sinus)
Dry or Productive Cough	**Common**	Mild to Moderate	Dry, Harsh Cough	Rare (Tickle)
Body / Muscle Aches	**Common**	Rare	**Severe & Sudden**	None
Fever / Chills	**Low-grade (100–101°F)**	Rare	**High Fever (101–104°F)**	None
Loss of Taste or Smell	**Rare (<10% of cases)**	Rare (from blockage)	Rare	Rare
Nausea / Diarrhea	**Occasional**	Rare	Occasional (Children)	None
Itchy / Watery Eyes	**Rare**	Rare	Rare	Very Common
Incubation / Onset	**2 to 4 Days**	1 to 3 Days	1 to 4 Days	Immediate / Variable

Note: Presentation may vary based on vaccination status, age, and underlying health conditions.