



Is it Allergies, Covid, or Just a Cold? How to Distinguish Between Them.

Description

As summer approaches, many individuals who suffer from spring allergies are finding it challenging to differentiate between allergy symptoms, early signs of Covid-19, or just a common cold. Experts warn that with new variants of the virus circulating, there may soon be an increase in cases, although current wastewater data indicates relatively low Covid-19 cases. Despite the availability of at-home rapid tests, obtaining one has become increasingly difficult since the expiration of the public health emergency.

Dr. Davey Smith, an infectious disease specialist at the University of California, San Diego, notes that Covid-19 symptoms can sometimes mimic allergies, such as a sneezy and stuffy nose. However, high fevers are uncommon with allergies, so a temperature above 100.4 degrees may indicate a viral infection like Covid-19. Symptoms like nausea, vomiting, and body aches are more likely to be associated with Covid-19 rather than allergies.

Itchy eyes, ears, and throat are common with allergies, whereas dry symptoms and a sudden onset of fatigue are more indicative of Covid-19. Time and context also play a crucial role in determining the cause of symptoms, as exposure to an infected individual may suggest a Covid-19 infection, while consistent seasonal allergies can be linked to the onset of specific triggers like tree pollen.

Despite these distinctions, the most reliable way to ascertain the source of symptoms is through testing. Health professionals emphasize the importance of getting tested, as even they have been misled by similar presentations of allergies and Covid-19 in patients. Stay informed and vigilant to protect yourself and others during these uncertain times.

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Vocabulary List:

1. **Differentiate** // (verb): To recognize or ascertain what makes someone or something different.
2. **Variant** // (noun): A form or version of something that differs in some respect from other forms of the same thing.
3. **Circulating** // (verb): Moving or flowing continuously.
4. **Mimic** // (verb): To imitate or copy especially in order to entertain or ridicule.
5. **Reliable** // (adjective): Consistently good in quality or performance able to be trusted.
6. **Vigilant** // (adjective): Keeping careful watch for possible danger or difficulties.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term describes adding something extra to complete or enhance?
Option: Definitive
Option: Promoted
Option: Essential
Option: Supplementing
2. Which term describes not leading to a definite result or conclusion?
Option: Diagnosed
Option: Manifest
Option: Impulsive
Option: Inconclusive
3. Which term means a connection or link between things?
Option: Untreated
Option: Crucial
Option: Association
Option: Differentiate
4. Which word describes something that is different in form or quality from others of the same kind?
Option: Variant
Option: Circulating



- Option: Mimic
- Option: Reliable

5. Which term is related to the study of genes and heredity?

- Option: Vigilant
- Option: Susceptibility
- Option: Genetic
- Option: Endogenous

6. Which term describes a mental state characterized by feelings of sadness?

- Option: Cumulative
- Option: Sequential
- Option: Integral
- Option: Depressive

7. What is the medical examination of a dead body to determine the cause of death?

- Option: Systematic
- Option: Supervised
- Option: Autopsy
- Option: Coordinated

8. Which term relates to the study of diseases?

- Option: Intuitive
- Option: Abrasive
- Option: Pathological
- Option: Ambiguous

9. Which term describes something transmitted or carried by a vector such as an insect or animal?

- Option: Indifferent
- Option: Apocalyptic
- Option: Vectored
- Option: Interchangeable

10. Which term describes having a high reputation or honor?

- Option: Unique
- Option: Marginal
- Option: Prestigious
- Option: Typical

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. Taking vitamins is _____ for maintaining good health.
12. The doctor _____ the illness after running several tests.
13. After his hard work he was _____ to a managerial position.
14. It is important to _____ between the various species of birds.
15. Proper nutrition is _____ for children's growth and development.
16. Having a _____ source of information is important in decision-making.
17. Hormones are examples of _____ substances produced within the body.
18. Children have a higher _____ to certain diseases than adults.
19. The symptoms of the illness began to _____ after a few days.
20. The news about the event started _____ among the attendees.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Some animals the features of other dangerous creatures for protection.
22. Having a family history of heart disease is considered a for developing heart problems.
23. Leaving a bacterial infection can lead to serious complications.
24. His decision to quit his job surprised everyone.
25. The loss of her pet left her in a state for weeks.
26. The doctors conducted a study to understand the progression of the disease.
27. Proper hydration is for athletes to perform at their best.
28. The new software update includes a of features for improved user experience.
29. The test results were requiring further analysis and tests.
30. The cause of death was determined through a detailed examination.

Answer

Multiple Choice: 1. Supplementing 2. Inconclusive 3. Association 4. Variant 5. Genetic 6. Depressive 7. Autopsy 8. Pathological 9. Vectored 10. Prestigious

Gap-Fill: 11. Essential 12. Diagnosed 13. Promoted 14. Differentiate 15. Crucial 16. Reliable 17. Endogenous 18. Susceptibility 19. Manifest 20. Circulating

Matching sentence: 1. Mimic 2. Genetic Risk Factor 3. Untreated 4. Impulsive 5. Depressive 6. Pathological 7. Crucial 8. Variant 9. Inconclusive 10. Autopsy

CATEGORY

1. Health - LEVEL6

Date Created

2024/05/25

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