The difference between allergies, the flu, and COVID Transcript

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Seasonal Flu vs. Allergies

you also start seeing the seasonal flu you also start seeing the seasonal flu in october in october and this year of course we have covered and this year of course we have covered 19. so 19.

Allergy Symptoms and Triggers

Penicillin Allergy and Reactions

Flu vs. COVID-19 Testing

COVID Reporting and College Spread

so how we supposed to tell the difference how we supposed to tell the difference between those three things dr al johnson between those three things dr al johnson joins us joins us here on am950 kprc i know you work a lot here on am950 kprc i know you work a lot with allergies with allergies and i know one of the biggest things and i know one of the biggest things that most people with allergies do is that most people with allergies do is they sneeze they sneeze sneezing has nothing to do with covered sneezing has nothing to do with covered 19 right 19 right generally not now it can and there can generally not now it can and there can be nasal symptoms but be nasal symptoms but not that repeated sneezing that you get not that repeated sneezing that you get with the allergies of with the allergies of a choo choo chew type thing uh a choo choo chew type thing uh you know it's well noted with coba you you know it's well noted with coba you may lose your sense of smell or taste may lose your sense of smell or taste and that's not related to allergies but and that's not related to allergies but the true sneezing the true sneezing uh is is mainly allergy in nature uh is is mainly allergy in nature okay what are some of the other symptoms okay what are some of the other symptoms of allergies that are of allergies that are exclusive to allergies that you're not exclusive to allergies that you're not likely to find with covet or the flu likely to find with covet or the flu well mainly with the seasonal allergies well mainly with the seasonal allergies and that's spring allergies and fall and that's spring allergies and fall allergies it's due to allergies it's due to outside pollens so in the fall that's outside pollens so in the fall that's ragweed and some of the trees ragweed and some of the trees mold could be out there also and of mold could be out there also and of course you're in houston and course you're in houston and you have all this damp weather down you have all this damp weather down there some molds could be there some molds could be generally the seasonal allergen allergy generally the seasonal allergen allergy people are worse outside people are worse outside than indoors they get sneezing than indoors they get sneezing as we talked about they get itchy eyes as we talked about they get itchy eyes they get runny nose they get runny nose they can get itchy ears uh and then in they can get itchy ears uh and then in some cases some cases it produces the asthma the wheezing it produces the asthma the wheezing which which which may be confused with covet but covet is may be confused with covet but covet is that shortness of breath and cough that shortness of breath and cough uh in a severe manner that's uh in a severe manner that's not related to the gross secretions you not related to the gross secretions you get with get with with runny nose from the allergy part of with runny nose from the allergy part of it it it i would think too dr johnson kind of the i would think too dr johnson kind of the bottom line with allergies bottom line with allergies unless you just all of a sudden develop unless you just all of a sudden develop one and i guess you could one and i guess you could if people do um you know if people do um you know if you have a seasonal allergies you if you have a seasonal allergies you know what the symptoms know what the symptoms are like you've had them before you know are like you've had them before you know about when you get it about when you get it you're gonna get it around the same time you're gonna get it around the same time again so you just kind of have to again so you just kind of have to not panic and remember about your own not panic and remember about your own symptoms right symptoms right right exactly and you know allergies right exactly and you know allergies typically do not produce fever typically do not produce fever they typically do not produce the joint they typically do not produce the joint pains the flu-like symptoms the achy pains the flu-like symptoms the achy except maybe in some real real severe except maybe in some real real severe cases cases cases uh but the seizure allergies typically uh but the seizure allergies typically do not do that do not do that where the covet does

where the covet does okay i i have a couple of before we move okay i i have a couple of before we move on to the cover thing i have a couple on to the cover thing i have a couple more allergy questions for you i had a more allergy questions for you i had a i had an allergist once i'll see if you i had an allergist once i'll see if you agree with the analogy agree with the analogy you know because i said did him i'm all you know because i said did him i'm all of a sudden i'm allergic to and i forget of a sudden i'm allergic to and i forget what it was at the time what it was at the time or i seem to be allergic to it and i've or i seem to be allergic to it and i've never been allergic to it before never been allergic to it before what happened and he kind of described what happened and he kind of described it as it as think of a bucket and that allergy that think of a bucket and that allergy that allergen allergen allergen is a drop in the bucket over and over is a drop in the bucket over and over again again again month after month year after year and month after month year after year and finally at some point your body says finally at some point your body says okay okay okay i've had enough of that and you develop i've had enough of that and you develop an allergy to it is that how you an allergy to it is that how you describe it describe it well that's one way to describe it yes well that's one way to describe it yes and it and it it can be a combination of factors it can be a combination of factors though it can be though it can be repeated exposure to the same thing repeated exposure to the same thing where finally it triggers your immune where finally it triggers your immune system system system and triggers that allergic response or and triggers that allergic response or it may be exposure to a combination of it may be exposure to a combination of things so things so say in the fall there's ragweed out say in the fall there's ragweed out there there there but you've been living in a damp moldy but you've been living in a damp moldy home that had water intrusion home that had water intrusion those type of exposures are additive so those type of exposures are additive so it could be the underlying it could be the underlying a damp indoor environment a damp indoor environment that is actually built up your barrel so that is actually built up your barrel so to speak to speak and then it's triggered by the ragweed and then it's triggered by the ragweed that comes along in the fall that comes along in the fall yeah that makes sense so there's um yeah yeah that makes sense so there's um yeah there's multi there's multi multi factors you may have to look at multi factors you may have to look at it's just not a one factor item it's just not a one factor item and then stress trigger the immune and then stress trigger the immune system too system too we've been nothing but anxious here for we've been nothing but anxious here for the last six months so that's probably the last six months so that's probably not a good thing not a good thing um here's another question i had for you um here's another question i had for you when i was in when i was in it's been a long time since i was 17 it's been a long time since i was 17 about 40 years ago i developed an about 40 years ago i developed an allergy to penicillin from just allergy to penicillin from just taking so much trying to get over um taking so much trying to get over um i think it was prescribed i had i think it was prescribed i had mononucleosis when i was a teenager and mononucleosis when i was a teenager and and i took a whole bunch of penicillin and i took a whole bunch of penicillin they kept prescribing and prescribing it they kept prescribing and prescribing it and finally i developed an allergic and finally i developed an allergic reaction to it reaction to it so i haven't had it for 40 years now so i haven't had it for 40 years now once you develop an allergy to something once you develop an allergy to something i had this severe allergic reaction 40 i had this severe allergic reaction 40 years ago years ago what would happen if i took it again what would happen if i took it again would i have the same allergic reaction would i have the same allergic reaction or after 40 years would my body have or after 40 years would my body have sort of reset itself sort of reset itself it's probably reset itself a lot what we it's probably reset itself a lot what we were calling penicillin reaction years were calling penicillin reaction years ago ago ago uh were different adjunct reactions to uh were different adjunct reactions to to maybe different things in the product to maybe different things in the product at that time but if you need it at that time but if you need it there are tests then that they can the there are tests then that they can the allergist or the allergist or the infectious disease person doctor can infectious disease person doctor can test you to kind of give you some test you to kind of give you some assurance assurance assurance that you're not going to have a allergic that you're not going to have a allergic reaction to it reaction to it all right so you're saying i shouldn't all right so you're saying i shouldn't just run out and take it just to see just run out and take it just to see what happens what happens uh well if you do you want to be close uh well if you do you want to be close to the hospital have some benadryl ready to the hospital have some benadryl ready so you don't get yourself into trouble so you don't get yourself into trouble that you can't that you can't fix yeah no trust me i'm being facetious fix yeah no trust me i'm being facetious i wouldn't do that i wouldn't do that um the other thing that strikes me of um the other thing that strikes me of course is october not only do you have course is october not only do you have allergies kicking in allergies kicking in you have the seasonal flu kicking in you have the seasonal flu kicking in which is a coronavirus in and of itself which is a coronavirus in and of itself and then you've got covet 19 so and then you've got covet 19 so are we going to be able to tell the are we going to be able to tell the difference between the plain old difference between the plain old seasonal flu seasonal flu and covet 19 or you if if you get and covet 19 or you if if you get flu-

like flu-like flu-like symptoms are we going to all have to symptoms are we going to all have to take a test to make that determination take a test to make that determination yeah to really be sure i think testing yeah to really be sure i think testing is is going to be required is is going to be required uh back in the spring when we were uh back in the spring when we were following the flu following the flu and then covet came along all of a and then covet came along all of a sudden the nationally sudden the nationally reported number of cases of flu went to reported number of cases of flu went to zero and covet jumped up zero and covet jumped up so that's meaning that the symptoms are so that's meaning that the symptoms are much the same much the same it just everything was reported as it just everything was reported as coveted then but we were only basing it coveted then but we were only basing it on symptoms on symptoms so if sympathology wise they overlap so if sympathology wise they overlap so if you think you have a have the flu so if you think you have a have the flu or you may have covaid you want to get or you may have covaid you want to get tested early so that there can be early tested early so that there can be early an intervention and not get too sick so an intervention and not get too sick so i think the best thing to do if you i think the best thing to do if you suspect that suspect that get a covet test uh and get a covet test uh and then they can determine whether you have then they can determine whether you have covert or the flu there's tests that you covert or the flu there's tests that you can do both with can do both with dr johnson for those of us who are dr johnson for those of us who are looking at the the numbers we're seeing looking at the the numbers we're seeing with a certain level of skepticism with a certain level of skepticism you know the thing that i was wondering you know the thing that i was wondering was you know we know there's a lot of was you know we know there's a lot of federal money attached to covet 19 federal money attached to covet 19 diagnosis diagnosis diagnosis so how do we know that the numbers we so how do we know that the numbers we see on covet 19 see on covet 19 uh this fall are going to be accurate uh this fall are going to be accurate how many of them are actually covered 19 how many of them are actually covered 19 versus just flu symptoms and it's all versus just flu symptoms and it's all getting lumped in getting lumped in to covet 19 because there's money to covet 19 because there's money attached to it attached to it that's a real good question i don't know that's a real good question i don't know that we can be assured that we can be assured i think most of the hospitals now on the i think most of the hospitals now on the hospital cases hospital cases are testing for covid early on are testing for covid early on anything that resembled what they anything that resembled what they thought was kogit was reported as covet thought was kogit was reported as covet now with more testing available i think now with more testing available i think we're getting we're getting a better idea who truly has covet a better idea who truly has covet and i think that hopefully the reports and i think that hopefully the reports the real-time numbers as we go along the real-time numbers as we go along day-to-day day-to-day day-to-day are much more accurate i hope you're are much more accurate i hope you're right because i'd hate to think we put right because i'd hate to think we put ourselves in a position of shutting ourselves in a position of shutting things down again if we see a spike in things down again if we see a spike in numbers and it turns out that it's just numbers and it turns out that it's just seasonal flu and not covered 19.

seasonal flu and not covered 19. although again you know although again you know except for the elderly and people with except for the elderly and people with compromised immune systems compromised immune systems there's not that much of a difference is there's not that much of a difference is there there there right right from a from a health right right from a from a health standpoint standpoint standpoint yeah your likelihood of of the yeah your likelihood of of the death in the younger population is death in the younger population is is not that much greater than the is not that much greater than the standard flu standard flu uh from the best we know at this point uh from the best we know at this point uh uh uh it does make sense to as we go through it does make sense to as we go through to to to you know wear masks to protect yourself you know wear masks to protect yourself if you're out and about if you're out and about and exposed to groups of people because and exposed to groups of people because you don't know who may have it or not you don't know who may have it or not but but but it's good to see everything is calming it's good to see everything is calming down mainly down mainly and the one thing that amazes me in this and the one thing that amazes me in this whole process whole process is that in medicine in general if we is that in medicine in general if we treat a disease treat a disease process whether it's infection or cancer process whether it's infection or cancer if it's treated early we get better if it's treated early we get better outcomes outcomes outcomes a lot of the treatment for covid has a lot of the treatment for covid has been been been focused on the later forms in the later focused on the later forms in the later disease disease disease process encoded not how to treat it process encoded not how to treat it early early early and get it under control so your body and get it under control so your body can recover can recover before the big inflammatory response before the big inflammatory response occurs and you really do have lung occurs and you really do have lung problems and lung damage we're talking problems and lung damage we're talking dr al johnson here on am950 kprc dr al

johnson here on am950 kprc he is texas based i i thought this story he is texas based i i thought this story was interesting as you know was interesting as you know uh college students seem to be spreading uh college students seem to be spreading it more than anybody else these days it more than anybody else these days uh here in texas the only places where uh here in texas the only places where we're seeing some spikes at this point we're seeing some spikes at this point with code 19 are are college towns with code 19 are are college towns um where where college students make up um where where college students make up at least 10 percent of the population at least 10 percent of the population lubbock hayes brazos have all had cases lubbock hayes brazos have all had cases grow grow grow up to 34 percent since august 19th up to 34 percent since august 19th mainly because you've got college mainly because you've got college students who are not as inclined students who are not as inclined to socially distance or to wear masks or to socially distance or to wear masks or to to to do anything else an adult wants them to do anything else an adult wants them to do so do so short of i'm not quite sure how we solve short of i'm not quite sure how we solve that problem right you either you either that problem right you either you either get compliance get compliance or you don't and if you can't get or you don't and if you can't get compliance from them you just have to compliance from them you just have to stay away from them yeah correct stay away from them yeah correct and of course i think there was an and of course i think there was an interview today uh interview today uh with the the powers that be on with the the powers that be on on the fda and cdc and so forth on the fda and cdc and so forth that we're encouraging if college that we're encouraging if college students got sick students got sick that they were to stay in place uh and that they were to stay in place uh and hopefully the colleges hopefully the colleges would provide a dorm or some place where would provide a dorm or some place where all the kobe people all the kobe people stayed so they would isolate them and stayed so they would isolate them and not travel and spread it not travel and spread it so they're not so they're not you know mostly the college kids are you know mostly the college kids are healthy healthy healthy uh they shouldn't have too many uh bad uh they shouldn't have too many uh bad side effects side effects and should get through it just fine but and should get through it just fine but uh uh uh it seems like yes the students are going it seems like yes the students are going to be more likely to to be more likely to to get together and to create a to get together and to create a jump in the cases but jump in the cases but shouldn't have dire consequences of shouldn't have dire consequences of severe problems yeah let's just just severe problems yeah let's just just keep the keep the seniors away from the keep the keep the seniors away from the college students i guess we'll probably college students i guess we'll probably be okay right be okay right i would think so yeah all right dr i would think so yeah all right dr johnson johnson johnson appreciate your time sir thank you so appreciate your time sir thank you so much for joining us today appreciate it much for joining us today appreciate it oh you're welcome stay healthy and uh oh you're welcome stay healthy and uh have a good have a good evening you too take care dr evening you too take care dr al johnson checking in here on am950 al johnson checking in here on am950 kprc