




# What's the difference?

## COVID-19, FLU & COLD SYMPTOM CHECK

Symptoms	Cold 	Flu 	COVID-19 
Onset	Develops slowly and lasts longer	Develops quickly	May take 2-14 days after exposure
Coughing	Sometimes	Common	Common
Sneezing	Common	No	No
Stuffy/runny nose	Common	Sometimes	Not common
Sore Throat	Sometimes	Sometimes	Common
Fever/chills	Not common	Common	Common
Vomiting/diarrhea	Not common	Sometimes (more common in children)	Sometimes (more common in children)
Headaches/fatigue	Not common	Sometimes	Common
Muscle pain	Common	Common	Sometimes
Shortness of breath	Sometimes	No	No
Chest congestion	Sometimes	Common	Sometimes
Loss of smell/taste	Not common	Not common	Common

### REMEMBER...

- ▶ Stay home if you are sick.
- ▶ Avoid touching your eyes, nose, and mouth.
- ▶ Avoid close contact with people who are sick.
- ▶ Call your doctor if you develop fever, cough, or difficulty breathing.
- ▶ Cover your cough or sneeze with a tissue, throw the tissue away, and then wash your hands.
- ▶ Wash your hands often with soap and water for at least 20 seconds.
- ▶ Clean and disinfect frequently touched objects or surfaces.