














COLD, FLU, AND COVID-19 VIRUSES SHARE SIMILAR SYMPTOMS. HERE'S WHAT YOU NEED TO KNOW.

	SYMPTOMS	COLD	FLU	COVID-19
	Body aches	✓		sometimes
	Chills	rarely	✓	sometimes
	Dry cough	✓	✓	✓
	Fatigue	✓	✓	✓
	Fever	rarely	✓	✓
	Headache	rarely	✓	sometimes
	Loss of taste/smell	rarely	sometimes	✓
	Nasal congestion	✓	✓	rarely
	Nausea/vomiting/ diarrhea	sometimes	sometimes	sometimes
	Runny nose	✓	✓	rarely
	Sneezing	✓	✓	sometimes
	Sore throat	✓	✓	sometimes
	Shortness of breath	rarely	✓	✓

WHAT TO DO

Step 1: Get a COVID-19 test. If you test positive, follow isolation guidelines.

Step 2: To avoid spreading illness to others, stay home and away from others and wear a mask.

Step 3: Rest. Take care of your symptoms. You can treat most of your symptoms from home.