



Is It the Flu? A Cold? Or COVID-19?

Distinguishing Symptoms

SYMPTOMS	COVID-19	COLD	FLU
SYMPTOM ONSET	GRADUAL	GRADUAL	ABRUPT
INCUBATION PERIOD	2-14 DAYS	1-3 DAYS	1-4 DAYS
FEVER	COMMON	RARE	COMMON
FATIGUE	SOMETIMES	SOMETIMES	COMMON
COUGH	COMMON		COMMON
SNEEZING		COMMON	
ACHES & PAINS	SOMETIMES	COMMON	COMMON
RUNNY/STUFFY NOSE	RARE	COMMON	SOMETIMES
SORE THROAT	SOMETIMES	COMMON	SOMETIMES
DIARRHEA	RARE	NO	SOMETIMES
HEADACHES	SOMETIMES	RARE	COMMON
SHORTNESS OF BREATH	SOMETIMES	NO	NO
NEW LOSS OF TASTE/SMELL	SOMETIMES	NO	NO

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What Do I Do?



	PREVENTION	TREATMENT	COMPLICATIONS
COVID-19	• Social distancing • Masks in public • Frequent hand washing	• Rest • Fever Reducers • Isolation • Hospitalization if needed	• Disease can result in pneumonia and lasting damage to your lungs, kidneys, heart and brain
COLD	• Frequent handwashing • Stay away from those who are sick	• Rest • Plenty of fluids	
FLU	• Flu vaccine • Avoid close contact with those who are sick • Frequent hand washing	• Rest • Fever Reducers • Antiviral medicine to reduce the amount of time you have the flu and prevent complications; (best when administered within 2 days of symptom onset) • Recommend staying home for at least 24 hours after fever is gone without fever reducing medication	• Flu can turn into pneumonia and very severe cases can be fatal