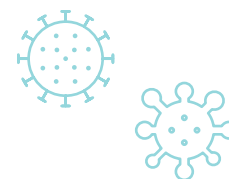


Is it a cold, the flu or COVID-19?



All three are contagious respiratory illnesses caused by viruses. And all three trigger many of the same symptoms.

Common Symptoms	Cold	Flu	COVID-19
Fever	Rare	Common	Sometimes
Cough	Sometimes	Common	Common
Sore throat	Common	Common	Common
Runny or stuffy nose	Common	Sometimes	Common
Sneezing	Common	Sometimes	Sometimes
Body aches/headache	Rare	Common	Sometimes
Feeling tired or weak	Sometimes	Common	Common
Shortness of breath	Rare	Sometimes	Common
Vomiting/diarrhea	Rare	Sometimes, especially in children	Sometimes
Loss of taste or smell	Rare	Rare	Sometimes

Bottom Line

The symptoms for a cold, the flu and COVID-19 can overlap. Contact your healthcare provider if you have questions or are at high risk of getting very sick from respiratory viruses, such as pregnant women, people with certain chronic conditions, older adults, and infants and young children.

When to Seek Medical Care

- Trouble breathing or shortness of breath
- Persistent chest pain or pressure
- Confusion, difficulty waking, or staying awake
- Symptoms that get worse or do not improve

Protect Yourself and Others



Stay up to date on recommended vaccines



Cover coughs and sneezes



Wear a mask around others if you have symptoms



Wash hands often or use hand sanitizer



Stay home when you are sick



Clean frequently touched surfaces