

Cold, flu, or COVID-19?

Know the symptoms and when to see a doctor.



Symptom	Cold	Flu	COVID-19
Fever	Rare	Common, high (100°F+)	Common, varies
Cough	Mild	Dry, can be severe	Dry, persistent
Fatigue	Mild	Moderate to severe	Can be severe
Body aches	Mild	Common	Common
Sore throat	Common	Sometimes	Sometimes
Headaches	Sometimes	Sometimes	Sometimes
Runny nose	Common	Sometimes	Sometimes
Loss of taste/smell	Rare	Rare	Common, sudden
Shortness of breath	Rare	Rare	Common, moderate to severe in some cases

What are the key differences?



The Common Cold:

- Usually mild and resolves within a few days
- Symptoms onset in 1-3 days
- Common symptoms include a runny nose, mild cough, and sore throat
- Rarely causes a fever



The Flu:

- Symptoms come on rapidly and are more severe than a cold
- Most common symptoms are high fever, intense fatigue, and body aches



COVID-19:

- Symptoms range from mild to severe and can appear 2-14 days after exposure
- Unique symptoms including a sudden loss of taste or smell



When to see a doctor:

- High fever lasting more than 3 days
- Chest pain, difficulty breathing, or shortness of breath.
- Severe dehydration (dry mouth, minimal urination, dizziness)
- Worsening symptoms
- Severe fatigue or confusion

