



COLD vs FLU vs COVID-19

Use this handy chart to help distinguish your symptoms

Signs and symptoms	Cold	Flu	COVID-19*
Asymptomatic	Never	Never	Common
Symptom onset	Gradual; symptoms peak within 2-3 days and last for up to 10-14 days	Abrupt; typically symptoms develop 1-4 days after infection	Gradual or abrupt, with symptoms typically starting 5 days after being infected but can range from 2-14 days
Fever	Rare	Usual; lasts 3-4 days	Sometimes
Aches	Slight	Usual; often severe	Usual; often severe
Chills	Uncommon	Fairly common	Fairly common
Fatigue, weakness	Sometimes	Usual	Usual
Sneezing	Common	Sometimes	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common, can be severe	Common; can be severe
Stuffy, runny nose	Common	Sometimes	Sometimes
Sore throat	Common	Sometimes	Sometimes
Headache	Rare	Common	Common
Vomiting and diarrhea	Rare	More common in children than adults	More common in children than adults
Change or loss of taste of smell	Not applicable	Not applicable	Common

* It is possible to catch the flu, a cold, and COVID-19 at the same time and only a test will confirm if you are infected.

WHAT CAN YOU DO TO STAY HEALTHY

- **Social distance** — Wear a mask, stay six feet from others, and meet outside
- **Wash your hands**
- **Get your flu shot**
- **Clean and disinfect high touch surfaces** — To avoid spreading germs, frequently disinfect items like doorknobs, cell phones, and light switches
- **Stay hydrated** — Aim for drinking half of your body weight in ounces of water
- **Make healthy food choices** — To reduce inflammation in your body choose foods high in vitamins and antioxidants
- **Prioritize sleep and exercise** — Aim for thirty minutes of moderate exercise five times per week
- **Soothe a sore throat** — Drink warm liquids like water with a squeeze of lemon or green tea
- **Take care of your teeth** — Brush and floss twice per day to prevent the buildup of plaque and potential infection in your mouth
- **Try to avoid pollution, allergens, and irritants** — Reduce your exposure to aerosols and sprays like cleaners and hairsprays, pollens, an smoky environments which can increase inflammation in your lungs
- **Avoid smoking**