

COLD, FLU OR COVID-19?

Flu season is here and it could get confusing with COVID-19. The flu and COVID-19 share similar symptoms with each other and with the common cold. Knowing the similarities and differences might help you recover quicker and stop the spread.

10 keys to cold, flu, and COVID-19 prevention:

- Stay away from people who are sick.
- Stay at least 6 feet apart from others in public.
- Stay home when you are sick.
- Cover your nose and mouth when you cough or sneeze with the inside of your elbow or a tissue.
- Wear a mask.
- Wash or sanitize your hands.
- Don't touch your mouth, nose, or eyes.
- Clean and disinfect surfaces.
- Get the flu shot.
- Get tested if you suspect you have the flu or COVID-19.

Here's a brief look at cold, flu and COVID-19 symptoms

	COLD	FLU	COVID-19	
	Cold Symptoms show up in 1 to 3 days after infection.	Flu Symptoms show up in 1 to 4 days after infection	COVID-19 Symptoms show up in 2 to 14 days after infection	
loss of taste or smell	✗	✗	✓	
cough	✓	✓	✓	
fever/chills	⊖	✓	✓	
trouble breathing/shortness of breath	✗	✓	✓	
feeling tired	⊖	✓	✓	
runny or stuffy nose	✓	✓	✓	
sore throat	✓	✓	✓	
muscle aches and pains	⊖	✓	✓	
headache	⊖	✓	✓	
vomiting and diarrhea	✗	⊙	⊙	
	✓ yes	✗ no	⊖ not often	⊙ more common in children