



# 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	<ul style="list-style-type: none"> <li>• Social distancing</li> <li>• Masks in public</li> <li>• Frequent hand washing</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Fever Reducers</li> <li>• Isolation</li> <li>• Hospitalization if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Disease can result in pneumonia and lasting damage to your lungs, kidneys, heart and brain</li> </ul>
COLD	<ul style="list-style-type: none"> <li>• Frequent handwashing</li> <li>• Stay away from those who are sick</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Plenty of fluids</li> </ul>	
FLU	<ul style="list-style-type: none"> <li>• Flu vaccine</li> <li>• Avoid close contact with those who are sick</li> <li>• Frequent hand washing</li> </ul>	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Fever Reducers</li> <li>• Antiviral medicine to reduce the amount of time you have the flu and prevent complications; (best when administered within 2 days of symptom onset)</li> <li>• Recommend staying home for at least 24 hours after fever is gone without fever reducing medication</li> </ul>	<ul style="list-style-type: none"> <li>• Flu can turn into pneumonia and very severe cases can be fatal</li> </ul>