

Telling the difference between flu, the common cold and COVID-19



#UnityinAction



The CDC says that although COVID-19, the flu and colds have symptoms in common, telling the difference between the three is possible.

This table outlines the symptoms of COVID-19, the flu, and a cold.

<https://www.medicalnewstoday.com/articles/coronavirus-vs-flu#symptoms>

*Including repeated shaking with chills

	COVID-19	FLU	COLD
Incubation period	2 - 14 days	1 - 4 days	1 - 3 days
Symptom onset	Gradual	Abrupt	Gradual
Cough	Common	Common	Mild to Moderate
Shortness of breath	Common	Sometimes	Mild
Fever	Common	Common	Rare
Fatigue	Common	Common	Sometimes
Runny nose	Sometimes	Sometimes	Common
Nasal congestion	Sometimes	Sometimes	Common
Diarrhea	Sometimes	Sometimes	Rare
Body aches	Sometimes	Common	Slight
Sore throat	Sometimes	Sometimes	Common
Headache	Sometimes	Common	Rare
Loss of appetite	Sometimes	Common	Sometimes
Respiratory issues	Common	Sometimes	Sometimes
Chills	Sometimes*	Fairly Common	Uncommon
New loss of taste or smell	Sometimes	Sometimes	Sometimes

Testing for COVID-19 and what to do if you are positive

Steps to help prevent the spread of COVID-19 if you are sick.

To prevent the spread of COVID-19 do the following:



- Wear mask.



- Wash your hands often.



- Clean high touch surfaces every day.



- Stay at home.



- Cover your coughs and sneezes.

Do not share personal household items



- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

If you are sick follow these steps:



- Stay home except to get medical care.
- Most people with COVID-19 have mild illness and can recover at home.
- Get rest and stay hydrated.
- Call before you get medical care.

Monitor your symptoms



- Symptoms of COVID-19 include fever, cough, shortness of breath and more.
- Follow instructions from your healthcare provider and local health department.

Stay separate from other people and pets in your home



- Stay in a specific room as much as possible.
- Stay away from other people and pets in your home.
- If possible, you should use a separate bathroom.
- If you need to be around other people or animals in or outside of the home wear a mask.

When to seek emergency medical attention



If someone is having persistent pain or pressure in the chest.



Inability to wake or stay awake.



Pale, grey or blue-coloured skin, lips.