

# Understanding Cold vs Flu vs COVID-19

Respiratory illnesses are on the rise, with increased cases of colds, flu and COVID-19 in our community. Know the symptoms and when to seek care!



*Colds are milder – Flu hits hard – COVID-19 can vary*

SYMPTOMS	COMMON COLD	FLU	COVID-19
<b>Fever / Chills</b>	Rare	High fever	Fever possible
<b>Cough</b>	Mild cough	Severe cough	Cough
<b>Fatigue / Weakness</b>	Mild	Yes	Yes
<b>Runny Nose</b>	Common	Common	Common
<b>Headache</b>	Maybe (sinus)	Yes	Yes
<b>Body Aches</b>	No	Yes	Yes
<b>Loss of Taste / Smell</b>	Maybe	No	Yes
<b>Duration</b>	3-7 days	5-10 days	Varies

## WHEN AND WHERE TO SEEK CARE

### Primary Care

- Mild symptoms
- Rest / call your PCP

### Urgent Care

- Worsening symptoms
- Rapid testing

### Emergency Department

- Severe trouble breathing
- Chest pain, confusion

## PREVENTION TIPS:

- Get Vaccinated
- Wash Hands Often
- Wear a Mask
- Stay Home When Sick