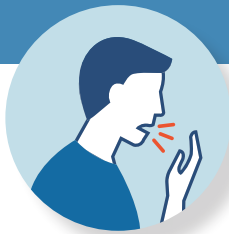


Understanding Cold vs Flu vs COVID-19

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
Fever / Chills	Rare	High fever	Fever possible
Cough	Mild cough	Severe cough	Cough
Fatigue / Weakness	Mild	Yes	Yes
Runny Nose	Common	Common	Common
Headache	Maybe (sinus)	Yes	Yes
Body Aches	No	Yes	Yes
Loss of Taste / Smell	Maybe	No	Yes
Duration	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