



COLD VS. FLU VS. COVID-19

Is it a cold, the flu, or COVID-19?¹ Sometimes cold, flu, and COVID-19 symptoms can be similar, but there are some differences. The only way to ensure a proper diagnosis is to visit your healthcare provider.

Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Let's keep our workplace healthy this flu season. Contact your healthcare provider or local health department to find a flu shot near you.

¹ www.nia.nih.gov/sites/default/files/2022-02/common-symptoms-cold-flu-COVID.pdf

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