



# COLD VS. FLU VS. COVID-19 VS. RSV

Is it a cold, the flu, COVID-19, or RSV?<sup>1,2</sup> Sometimes cold, flu, COVID-19, and RSV 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	RSV
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			✓	
Decrease in appetite				✓
Wheezing				✓

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

<sup>1</sup> [www.nia.nih.gov/sites/default/files/2023-01/cold-flu-covid-19.pdf](http://www.nia.nih.gov/sites/default/files/2023-01/cold-flu-covid-19.pdf)

<sup>2</sup> [www.cdc.gov/rsv/about/symptoms.html](http://www.cdc.gov/rsv/about/symptoms.html)

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