

# KNOW the Difference

(Blue Cross and Blue Shield of KS, Nov. 2020)

Symptoms	COVID-19* (Gradual onset)	Cold (Sudden onset)	Flu (Sudden onset)	Allergies (Varies)
Fever	Common (measured at 100F or higher)	Rare	Common (measured at 100F or higher)	No
General aches, pains	Common, sometimes severe	Slight	Common, often severe	No
Fatigue, weakness	Common	Slight	Common, often severe	Sometimes
Extreme exhaustion	Common	Never	Common (starts early)	No
Cough	Common	Mild to moderate	Common, can become severe	Sometimes
Shortness of breath	Common	Rare	Rare	Common
Chest pain	Common	Rare	Common	No
Poor appetite	Common	Sometimes	Common	No
Nausea, vomiting, abdominal pain	Common	Rare	Sometimes	No
Diarrhea	Common	No	Sometimes	No
Loss of smell or taste	Often	Rare (congestion could impact smell)	No	Possible (congestion could impact smell)
Chills	Sometimes	Rare	Common	No
Headache	Sometimes	Rare	Intense	Sometimes
Sore throat	Sometimes	Common	Common	No
Runny nose	Sometimes	Common	Sometimes	Common
Stuffy nose	Rare	Common	Sometimes	Common
Conjunctivitis	Rare	Common	Sometimes	Common