

COLD, FLU or COVID-19?

All are respiratory illnesses caused by different viruses and *none can be treated with antibiotics*. Here's what sets them apart:



COLD SYMPTOMS

- ▶ Develops slowly and hangs around
- ▶ Coughing & sneezing
- ▶ No fever or low-grade fever
- ▶ Sore throat
- ▶ Stuffy, runny nose
- ✖ Vomiting & diarrhea are not common symptoms of a cold
- ◆ Treated with over-the-counter meds



FLU SYMPTOMS

- ▶ Develops quickly
- ▶ Coughing
- ▶ 100° - 102° fever (higher in kids)
- ▶ Chest congestion and discomfort
- ▶ Headaches, body aches, pains and chills
- ▶ Sore throat and runny or stuffy nose
- ✖ Vomiting & diarrhea (more common in children)
- ◆ Treated with anti-viral meds



COVID-19 SYMPTOMS

Anyone can have mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus.

- ▶ Fever or chills
- ▶ Coughing
- ▶ Shortness of breath or difficulty breathing
- ▶ Fatigue (tiredness)
- ▶ Sore throat
- ▶ Runny or stuffy nose
- ▶ Muscle or body aches
- ▶ Headache
- ▶ New loss of taste or smell
- ▶ Nausea or vomiting and diarrhea (more common in children)

BEST DEFENSE

- Wash your hands often and with soap and water for 20 seconds
- Avoid close contact— stay at least 6 feet apart
- Cover coughs and sneezes with the inside of your elbow or tissue
- Cover your mouth and nose with a mask when around others
- Clean and disinfect surfaces frequently
- Monitor your health daily and stay away from others when ill