

Do I have **COVID**, the **FLU**, or just a **COLD**?

All three contagious diseases are spread by air-borne respiratory droplets and contaminated surfaces. Remember to wash hands frequently, do not touch your face, and wear a face covering to prevent infection or spread to others. The following key differences are specific to **adults only**.

COVID Onset: **Sudden**

Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Incubation 2-14 Days

High risk of severe illness

- Older adults (e.g. heart disease, kidney disease, diabetes)
- People with certain medical conditions

Recovery 2-4 Weeks

Treatment or vaccine

- Vaccine
- Medical support
- Supportive care

Seasonal Flu Onset: **Sudden**

Symptoms

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Fatigue
- Muscle or body aches
- Headache

Incubation 1-4 Days

High risk of severe illness

- Older adults (e.g. asthma, heart disease, diabetes)
- People with certain medical conditions

Recovery 1-2 Weeks

Treatment or vaccine

- Annual seasonal vaccine
- Anti-viral treatment within 24-48 hours

Common Cold Onset: **Gradual**

Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat

Incubation 2-5 Days

High risk of severe illness

Extremely rare

Recovery Up to 2 weeks

Treatment or vaccine

- Symptom management

SEVEN KINDS OF CORONAVIRUS

There are seven strains of coronavirus (CoV) that are known to infect humans.

1. 229E
2. NL63
3. OC43
4. HKU1

These cause common cold-like symptoms

5. MERS-CoV (causes Middle East Respiratory Syndrome, or MERS)

6. SARS-CoV (causes severe acute respiratory syndrome, or SARS)

7. SARS-CoV-2 (causes coronavirus disease 2019, "COVID")

These cause epidemics and pandemics

NOTE: Sneezing with a stuffy nose is not a typical COVID symptom.

What do I do?

COVID

- Isolate away from others for 10 days as recommended by the CDC.
- Seek medical care.

FLU

- If you have mild or moderate disease you should stay home and avoid others until 24 hours after your fever is gone unless you need medical care.
- Your doctor may prescribe antiviral medication if you have had symptoms for only 1 to 2 days.

COLD

- Stay home until your symptoms are improving

