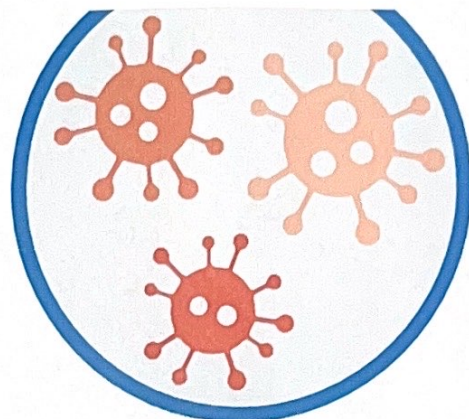


Recognize the signs of seasonal illnesses

Not every upper respiratory infection is COVID-19. Let your clinician know which symptoms you're experiencing. Don't try to diagnose yourself! Get tested to confirm.



	COVID-19	FLU	COLD
Symptoms begin	Gradually, 2 to 14 days after exposure (average 5 days)	Abruptly, 1 to 4 days after exposure	Gradually, 1 to 3 days after exposure
Symptoms last	Variable, up to several weeks	7 to 10 days	3 to 7 days
Fever	Common	Common, but not always	Rare
Headache	Sometimes	Intense	Rare
Muscle pain or body aches	Sometimes	Common, often severe	Slight
Fatigue/weakness	Common	Common, often severe	Slight
Cough	Common	Common, can be severe	Common, mild to moderate
Shortness of breath/ difficulty breathing	Common, in severe cases	Common	Rare
Runny or stuffy nose	Rare	Sometimes	Common
Sneezing	Rare	Sometimes	Common
Sore throat	Rare	Common	Common
Vomiting & diarrhea	Sometimes	Sometimes (more common in children)	No
Change in or loss of taste or smell	Common	Rare	Rare

Source: CDC 2021

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