

# 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

- No vaccine
- Supportive treatment

## **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

- Only treat symptoms

## **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
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 common cold-like symptoms

These cause epidemics and pandemics

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

### **What do I do?**

**COVID**

- If you have mild or moderate disease, stay home for 10 days after your first symptom unless you need medical care.
- If you must see another person during that time you must wear a mask.
- A mask must be worn around people at all times.

**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

