Is it a cold, the flu, or COVID-19?

Perham Health
SANFORD

With the flu season upon us, it's important to be aware of the differences between a cold, the flu, and COVID-19.

COVID-19 symptoms may appear 2-14 days after exposure to the virus. The symptoms of a cold may come on gradually, while the flu usually starts abruptly. Below is a chart that may help determine which illness you have.

Symptoms	Symptom Frequency		
	Cold	Flu	COVID-19
 cough or chest discomfort	common	common	common
 sore throat	sometimes	common	common
 muscle aches	sometimes	common	common
 headache or fatigue	sometimes	common	common
 fever	uncommon	common	common
 difficulty breathing	uncommon	uncommon	common
 chills	uncommon	common	common
 new loss of taste or smell	uncommon	uncommon	common
 nausea or vomiting	uncommon	uncommon	common
 diarrhea	uncommon	uncommon	common
 stuffy or runny nose	common	common	sometimes
 sneezing	common	sometimes	uncommon

Symptoms can vary widely with each of these illnesses.
Call your clinic if you think you may have COVID-19.

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