

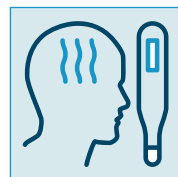
Cold, Flu or COVID-19 Virus?

Symptoms

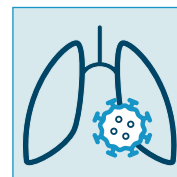
COLD



INFLUENZA



COVID-19



Symptoms	COLD	INFLUENZA	COVID-19
Symptoms begin	Gradually	Abruptly	Within 14 days of exposure
Symptoms last	4 – 10 days	5 – 7 days	Varies by Person
Body aches	✓	✓	Sometimes
Chills	Less Common	✓	Sometimes
Dry cough	✓	✓	✓
Exposure to germs	✓	✓	✓
Fatigue/Weakness	✓	✓	✓
Fever	Less Common	✓	✓
Headaches	Less Common	✓	Sometimes
Itchy eyes	–	–	–
Nasal Congestion	✓	✓	Sometimes
Nausea/Vomiting/Diarrhea	Sometimes	Sometimes	Sometimes
New loss of taste or smell	Sometimes	Sometimes	✓
Repeated shaking with chills	Sometimes	Sometimes	Sometimes
Runny nose	✓	✓	Sometimes
Sneeze	✓	✓	Sometimes
Sore throat	✓	✓	Sometimes
Shortness of breath	Less Common	✓	✓
Symptoms get worse	–	✓	✓

Think You Have COVID-19?

Stay home and away from others • Monitor symptoms • Rest • Cover coughs and sneezes • Wash hands with soap and water often • Treat symptoms

Contact your doctor if you have a fever, cough, difficulty breathing or existing chronic disease. COVID-19 symptoms can be slightly different with the Delta variant.

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Breathing Science is Life.