

COVID-19 Symptoms Compared to the Common Cold, Sinus Infection & Influenza (Flu)



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SOUTHEAST GEORGIA

SYMPTOMS

Q & A

COVID-19

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

FLU

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting
- Diarrhea

COMMON COLD

- Sneezing
- Stuffy nose
- Runny nose
- Sore throat
- Coughing
- Mucus dripping down your throat
- Watery eyes
- Fever (although most people with colds do not have fever)

SINUS INFECTION

- Runny nose
- Stuffy nose
- Facial pain or pressure
- Headache
- Mucus dripping down the throat
- Sore throat
- Cough
- Bad breath

Prevention

Infections can be prevented through social distancing, masking, and frequent handwashing. If you have any symptoms that could be due to COVID-19, don't try to self-diagnose. The best course of action is to get a test and self-isolate until you get a result.

What is COVID-19?

COVID-19 may attack more than your lungs meaning other parts of your body may be affected by COVID. COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu, or a sinus infection. You cannot tell the difference between these illnesses and COVID-19 just by looking at the symptoms alone because they have some of the same symptoms. That's why testing is needed to tell what the illness is and to confirm a diagnosis.

What's the difference between COVID-19 and the common cold?

Both COVID-19 and the common cold are caused by viruses. These viruses spread in similar ways and cause many of the same signs and symptoms. While COVID-19 symptoms generally appear two to 14 days after exposure, symptoms of a common cold usually appear one to three days after exposure. Unlike COVID-19, a cold is usually harmless. Most people recover from a common cold in three to 10 days.

What's the difference between COVID-19 and the Flu?

Flu and COVID-19 are both contagious respiratory illnesses caused by virus and cause similar symptoms. COVID-19 spreads more easily than flu. COVID-19 symptoms generally appear two to 14 days after exposure. Flu symptoms usually appear about one to four days after exposure. Compared to flu, COVID-19 can cause more serious illnesses in some people.

What's the difference between COVID-19 and a Sinus Infection?

People with COVID-19 and viral sinus infections may share similar symptoms, like congestion, sore throat, or cough. Sinus infections cause more discomfort in the face, nasal drip and facial pressure. The same viruses that cause the common cold cause most sinus infections. It usually takes between a few and 14 days for a sinus infection to clear. COVID-19 is much more serious and can be deadly.

For more information regarding COVID-19 symptoms please visit:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-cold-flu-and-allergies-differences/art-20503981>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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