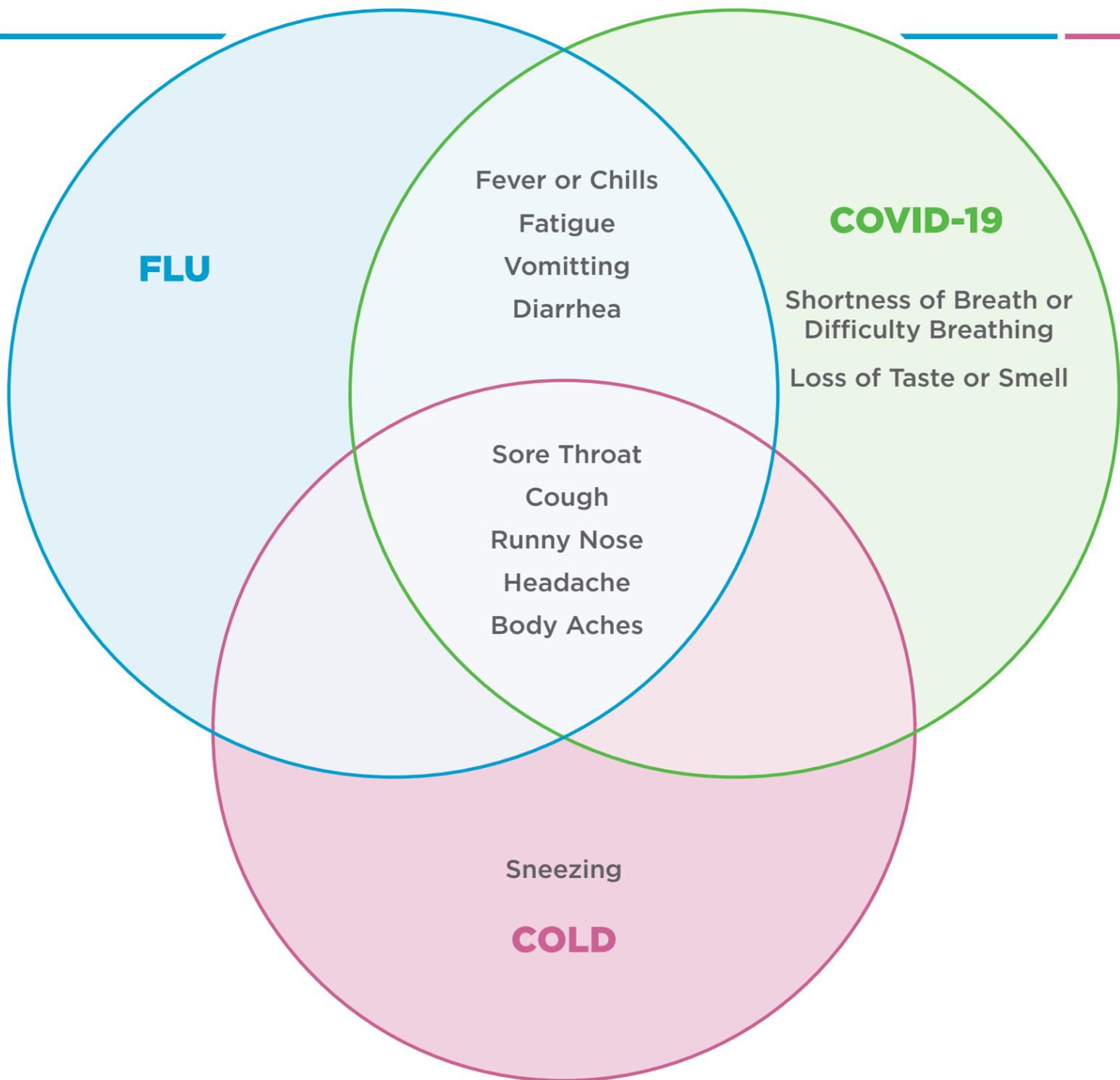# COVID-19 vs Flu vs Cold

A cold, COVID-19 and influenza (flu) are all different types of viral respiratory infections. However, some symptoms can be similar. If you experience one of these symptoms, talk to your health care provider to get tested.

FLU

COVID-19

Fever or Chills
Fatigue
Vomitting
Diarrhea

Shortness of Breath or Difficulty Breathing

Loss of Taste or Smell

Sore Throat
Cough
Runny Nose
Headache
Body Aches

Sneezing

COLD

TREATMENT OPTIONS TO HELP RELIEVE SYMPTOMS

- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm liquids for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Increase moisture in home for congestion*

- For additional home care advice, please call our 24/7 Nurse Line at 1-844-342-6276
- COVID-19 and influenza are serious illnesses that can lead to hospitalization and death. Talk to a health care provider for treatment options for you.

*Warm steam is not safe for children. Set these machines in a safe place to prevent burns.

PREVENTION

- Be sure to get your annual flu and COVID-19 vaccine.
- Wash your hands often and keep your hands away from your eyes, nose and mouth.
- Wear a mask and social distance in public.
- Stay home if you have mild symptoms to prevent spreading.

IF YOU HAVE COVID-19 OR FLU SYMPTOMS, ARE IN A HIGH RISK GROUP OR HAVE CONCERNS, PLEASE CALL OUR 24/7 NURSE LINE AT 1-844-342-6276

Marshfield Clinic Health System

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