



Cold, flu or COVID-19?

Coronavirus disease (COVID-19) can have symptoms similar to a cold or flu. Use this chart to help you better understand the differences.

Symptoms	COVID-19	Flu	Cold
Aches and pains	Sometimes	Usually	Rarely
Cough	Usually	Usually	Usually
Decreased smell/taste	Usually	Rarely	Rarely
Fatigue	Sometimes	Usually	Rarely
Fever	Usually	Usually	Rarely
Headache	Sometimes	Usually	Rarely
Nausea	*	Sometimes	Rarely
Shortness of breath	Sometimes	Rarely	Rarely
Sneezing	*	Sometimes	Usually
Sore throat	Sometimes	Usually	Usually
Stuffy or runny nose	*	Sometimes	Usually

*Unknown at this time

Who's at risk?

According to the Centers for Disease Control and Prevention (CDC), older adults and people with chronic medical conditions are at higher risk of severe illness from COVID-19. Chronic medical conditions include:



Uncontrolled diabetes



Heart disease



High blood pressure



Lung disease

People who smoke and people on immunosuppressive medications are also at higher risk of severe illness from COVID-19.

Coronavirus concerns



If you are experiencing mild coronavirus-like symptoms, call or message your doctor. Do not visit a medical facility until your doctor tells you to do so.



If symptoms appear after you've been exposed to a known person with coronavirus, or if you are 60 years of age or older, reach out to your provider immediately.

From the expert

“What we've learned so far about COVID-19 is that it causes more lower respiratory tract infection symptoms than upper — meaning more pneumonia with primary symptoms of fever, cough and shortness of breath. To stay safe, take standard precautions and follow guidance from the CDC and public health officials.”

— Dr. Phil Yphantides, medical director for Sharp Rees-Stealy Urgent Care Centers

