Is it a Cold, Flu, RSV, or Covid-19?

Cold

Cold symptoms tend to begin more gradually. Common symptoms of a cold include; stuffy/runny nose, sore throat, and sneezing. Rarely when people have a cold will they have a fever. Sometimes people with a cold feel fatigued.

Flu

Flu symptoms tend to begin more abruptly. Common symptoms of the flu include; fever, body aches (sometimes severe), chills, fatigue, sore throat, chest discomfort/coughing, and headache. Sometimes people with the flu will have vomiting and diarrhea, although children are more likely to experience these symptoms of the flu. The flu can cause severe symptoms in some cases, such as difficulty breathing, chest pain, and seizures. If anyone with the flu develops symptoms that are severe or concerning, seek medical attention right away.

RSV

Common symptoms of RSV include; runny nose, coughing, sneezing, fever, wheezing, and poor appetite. Infants who have RSV will likely show symptoms of irritability, breathing difficulties, and decreased activity. RSV can cause more severe symptoms such as difficulty breathing and dehydration, especially in infants and older adults. Anyone with severe symptoms or symptoms that are concerning should seek medical attention right away.

Covid-19

Anyone with covid-19 may experience a variety of symptoms that can be mild or more severe. Possible symptoms can include; fever, cough, loss of taste or smell, sore throat, headache, body aches, fatigue, vomiting, and diarrhea. Covid-19 can cause severe symptoms such as trouble breathing, confusion, and chest pressure. Anyone with severe symptoms should seek medical attention right away.

Anyone who has symptoms of Flu, RSV, or Covid-19 should get tested. Follow any guidance from health care providers, schools, childcare centers, and employers about returning and ending isolation after being sick. For more information on each of these illnesses visit the CDC website at cdc.gov

Prevention Tips

-**Wash your hands**: make sure you scrub your hands for at least 20 seconds when washing them or use an alcohol based hand sanitizer.

-**Get Vaccinated:** Get an annual flu vaccine and stay up to date with covid vaccination.

-**Avoid:** Avoid close contact as much as possible with those who are sick.

-**Keep Surfaces Clean:** Clean and disinfect commonly touched surfaces.

-**Mask:** Wear a mask when around others, especially indoor areas and if you have any health conditions that may increase your chances with severe illness.