


SIGNS AND SYMPTOMS OF COLDS, FLU AND COVID-19

With multiple contagious respiratory illnesses circulating during this year's flu season, it may be difficult to tell the difference between the common cold, influenza and COVID-19. While the severity and duration of each can vary greatly, this chart helps to identify the primary similarities and distinctions.*

SYMPTOMS	COMMON COLD Gradual onset of symptoms	INFLUENZA Abrupt onset of symptoms	COVID-19 Mild or severe symptoms
 FEVER	✗ Rare	✓ Common	✓ Common
 COUGH	✓ Common (mild to moderate)	✓ Common (can be severe)	✓ Common (dry & continuous)
 HEADACHE	✗ Rare	✓ Common (can be severe)	✓ Can be present
 BODY ACHES	✓ Slight	✓ Often severe	✓ Can be present
 SNEEZING	✓ Common	✓ Can be present	✓ Can be present
 STUFFY / RUNNY NOSE	✓ Common	✓ Can be present	✓ Can be present
 SORE THROAT	✓ Common	✓ Can be present	✓ Can be present
 FATIGUE / WEAKNESS	✓ Can be present	✓ Common	✓ Can be present
 EXTREME EXHAUSTION	✗ Never	✓ Common (begins early)	✓ Can be present
 SHORTNESS OF BREATH	✗ Rare	✗ Rare	✓ Common
 LOSS OF TASTE / SMELL	✗ Rare	✗ Rare	✓ Common
 VOMITING	✗ Rare	✓ Sometimes (for children)	✗ Rare
 DIARRHEA	✗ Rare	✓ Sometimes (for children)	✗ Rare
<p>The best way to prevent seasonal flu is to get vaccinated every year</p>			

Ecolab is committed to helping you stay informed and equipped to manage these viral risks.
 Call **1 800 35 CLEAN** or visit **Ecolab.com** for more information.

*This information is not intended nor implied to be a substitute for professional medical advice; it is for educational purposes only.
 © 2020 Ecolab USA Inc. All rights reserved. 56929/0400/1220

