

# 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
 <b>FEVER</b>	✗ Rare	✓ Common	✓ Common
 <b>COUGH</b>	✓ Common (mild to moderate)	✓ Common (can be severe)	✓ Common (dry & continuous)
 <b>HEADACHE</b>	✗ Rare	✓ Common (can be severe)	✓ Can be present
 <b>BODY ACHES</b>	✓ Slight	✓ Often severe	✓ Can be present
 <b>SNEEZING</b>	✓ Common	✓ Can be present	✓ Can be present
 <b>STUFFY / RUNNY NOSE</b>	✓ Common	✓ Can be present	✓ Can be present
 <b>SORE THROAT</b>	✓ Common	✓ Can be present	✓ Can be present
 <b>FATIGUE / WEAKNESS</b>	✓ Can be present	✓ Common	✓ Can be present
 <b>EXTREME EXHAUSTION</b>	✗ Never	✓ Common (begins early)	✓ Can be present
 <b>SHORTNESS OF BREATH</b>	✗ Rare	✗ Rare	✓ Common
 <b>LOSS OF TASTE / SMELL</b>	✗ Rare	✗ Rare	✓ Common
 <b>VOMITING</b>	✗ Rare	✓ Sometimes (for children)	✗ Rare
 <b>DIARRHEA</b>	✗ Rare	✓ Sometimes (for children)	✗ Rare
The best way to prevent seasonal flu is to get vaccinated every year			

Ecolab is committed to helping you stay informed and equipped to manage these viral risks.  
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