














Is it COVID-19 or is it the Flu?

COVID-19 symptoms might be confused with the flu, common cold, or even allergies. But COVID-19 and flu can be serious and lead to hospitalization, severe illness, and even death. Thankfully, both are preventable through vaccination. Use this chart to help identify common symptoms of each illness.

- If you have symptoms of COVID-19, contact your health care provider. Visit www.doh.wa.gov/coronavirus for more information about testing, vaccination, and more.
- To learn more about flu, flu vaccine, and flu activity in Washington visit www.KnockOutFlu.org.

For medical emergencies, such as difficulty breathing, call 911.

| SYMPTOMS | COVID-19 | FLU | COLD | ALLERGIES |
|--|-----------|-----------|-----------|-----------|
|  Cough | Often | Often | Sometimes | Sometimes |
|  Fever | Often | Often | Rarely | Never |
|  Shortness of breath | Sometimes | Sometimes | Rarely | Rarely |
|  Body aches | Sometimes | Often | Rarely | Never |
|  Headache | Sometimes | Often | Rarely | Sometimes |
|  Fatigue | Sometimes | Often | Sometimes | Sometimes |
|  Sore throat | Sometimes | Sometimes | Sometimes | Sometimes |
|  New loss of taste or smell | Sometimes | Rarely | Rarely | Rarely |
|  Diarrhea | Sometimes | Rarely | Never | Never |
|  Chest pain or pressure | Rarely | Rarely | Sometimes | Never |
|  Runny nose | Rarely | Sometimes | Often | Often |
|  Sneezing | Rarely | Sometimes | Often | Often |
|  Watery eyes | Never | Never | Never | Often |