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Is it a Cold, the Flu, or COVID-19?

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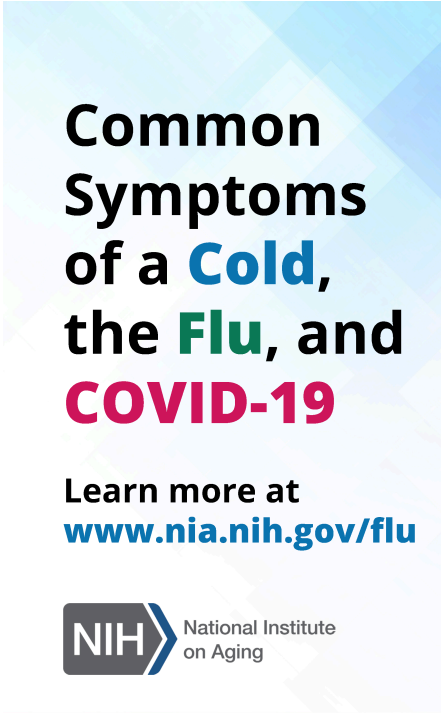

The common cold, flu, and COVID-19 all have similar symptoms. Knowing the signs of a cold, the flu, and COVID-19 can help keep you and your loved ones safe.

These are common signs, but your symptoms may be more or less severe, or you may only have a few. If you feel sick, stay home and call your doctor to discuss how you're feeling and whether you need to get tested. Older adults are more likely to become seriously ill from the flu and COVID-19. Getting vaccinated is the best way to prevent some of these diseases.

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 Common Symptoms of a Cold, the Flu, and COVID-19 Learn more at www.nia.nih.gov/flu  National Institute on Aging	Common Symptoms*	Cold	Flu	COVID-19
	Fever and/or chills		✓	✓
	Headache		✓	✓
	Muscle pain or body aches		✓	✓
	Feeling tired or weak		✓	✓
	Sore throat	✓	✓	✓
	Runny or stuffy nose	✓	✓	✓
	Sneezing	✓		
	Cough	✓	✓	✓
	Shortness of breath or difficulty breathing		✓	✓
	Vomiting and diarrhea		✓	✓
	Change in or loss of taste or smell			✓

*Symptoms may vary based on new COVID-19 variants and vaccination status.

You may also be interested in

- Finding more about [flu and older adults](#)
- Reading about [Long COVID](#)
- Learning about [vaccinations and older adults](#)

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