

# GUIDE TO COVID-19 SYMPTOMS

SYMPTOMS	COLD	COVID-19	FLU
Incubation Period	1–3 days	2–14 days	1–4 days
Symptom Onset	Gradual	Gradual	Abrupt
Body Aches & Pains	Slight	Sometimes	Common May be severe
Chills	Uncommon	Sometimes	Fairly Common
Cough	Mild to moderate	Common	Common May become severe
Diarrhea	Rare	Sometimes	Sometimes
Extreme Exhaustion	Never	Common	Common Early onset
Fatigue & Weakness	Sometimes	Common	Common Usually intense May last 2-3 weeks
Fever	Rare	Common High (100–102 °F) Fever may last 3-4 days	Common
Headache	Rare	Sometimes May be intense	Common
Loss of Appetite	Sometimes	Sometimes	Common
Loss of Taste or Smell	Sometimes	Sometimes	Sometimes
Nasal Congestion	Common	Sometimes	Sometimes
Respiratory Issues	Sometimes	Common	Sometimes
Runny Nose	Common	Sometimes	Sometimes
Shortness of Breath	Rare	Common in serious infections	Sometimes
Sneezing	Common	Sometimes	Sometimes
Sore Throat	Common	Sometimes	Sometimes