

# WHAT IF I FEEL SICK?!?

The **common cold, flu** and **COVID-19** are all caused by viruses that affect your respiratory system, and all three illnesses share some symptoms. This makes it difficult to know what you may be sick with when you're feeling under the weather. Learn more about the similarities and differences between the three illnesses below.

## COLD

### What you'll likely feel:

Symptoms typically come on gradually.

- **Common symptoms include:** nasal congestion, sneezing and runny nose
  - Can also include cough, mild headache and minor body aches
- **Symptoms tend to last a week (you're generally contagious for first three days)**

### Action to take:

A doctor visit is unnecessary – over-the-counter medications are generally effective

## FLU

### What you'll likely feel:

Symptoms usually come on suddenly and vigorously, and are more severe than a cold.

- **Common symptoms include:** high-grade fever, headache, muscle or body aches and fatigue
  - Can also include dry cough, sore throat and runny or stuffy nose, as well as nausea and vomiting (more common in children than adults)
- **Symptoms generally improve within two to five days, but can last a week or more**

### Action to take:

You should stay home until 24 hours after fever is gone to avoid spreading the flu to others

Prescription antiviral drugs can help decrease the severity and length of symptoms

Complications can occur; call a doctor if you think your symptoms are worsening or if you have a condition such as asthma, diabetes or pregnancy.

## COVID-19

### What you'll likely feel:

Symptoms can appear two to 14 days following exposure to COVID-19.

- **Common symptoms include:** fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, congestion and sore throat
  - Can also include nausea, vomiting, diarrhea and new loss of taste or smell
- **Some may experience little to no symptoms, while others may require hospitalization**
- **Even after recovering from COVID-19, you may experience lingering symptoms**

### Action to take:

Call a doctor if you think your symptoms are worsening or if you are at a higher risk for severe illness (e.g., elderly or immunocompromised) You won't truly know without being tested. As such, if you believe you have the flu or COVID-19, please call your doctor and explain your symptoms before going to a facility to seek care.

**Because there is some overlap between the symptoms, it may be difficult to determine whether you have the flu or COVID-19. Seek medical advice.**

This infographic is intended for informational use only and should not be construed as medical advice.

To learn more about HR support and current HR topics contact Chris Cooley at 855-538-6947 Ext. 108 or email [ccooley@myhrconcierge.com](mailto:ccooley@myhrconcierge.com)

**myHR concierge®**  
WE PUT THE HUMAN IN HR®