

Boots HELPING RECOGNISE COVID-19 SYMPTOMS VS COLD AND FLU

TYPICAL SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Rapid onset of symptoms
Fever ($\geq 37.8^{\circ}\text{C}$)	Common*	Rare	Common
Cough	Common* (usually dry & continuous)	Common (mild)	Common (usually dry)
Loss of smell or taste	Common*	Sometimes	Sometimes
Shortness of breath	Sometimes	Rare	Rare
Headache	Sometimes	Sometimes	Common
Sore throat	Sometimes	Common	Sometimes
Runny / stuffy nose	Rare	Common	Sometimes
Sneezing	Rare	Common	Sometimes
Aches & pains	Sometimes	Sometimes	Common (often severe)
Fatigue	Sometimes	Sometimes (mild)	Common (often severe and can last 2-3 weeks)
Diarrhoea	Sometimes	No	Sometimes

*Follow government advice. Self isolate and get a COVID-19 test.

