













# What are the symptoms of the flu, a cold and COVID-19?



The flu is not the same as the common cold or COVID-19. If you have symptoms, it's very difficult to tell the difference. Here are the common symptoms for all three.

SYMPTOMS	FLU	COLD	COVID-19
 Fever	Common	Rare	Common
 Cough	Common	Common	Common
 Sore throat	Common	Common	Sometimes
 Shortness of breath	No	No	Sometimes
 Fatigue	Common	Sometimes	Sometimes
 Loss of smell and/or taste	Common	Common	Common
 Aches and pains	Common	Sometimes	Sometimes
 Headaches	Common	Sometimes	Sometimes
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Runny poo (diarrhoea)	Sometimes <small>(especially for children)</small>	No	Rare
 Sneezing	Sometimes	Common	No
 Vomiting or nausea	Common in children. Rare in adults.	Rare	Sometimes

You can lessen your chances of getting the flu if you get vaccinated. The flu shot is safe and effective. It helps you to fight the virus and helps stop it from spreading to other people.