













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.