

Differences between cold, flu and COVID-19 Symptoms*

With COVID-19 overlapping with part of the flu season, it can be hard to know what your symptoms are telling you. There are some main symptoms that are different between COVID-19, cold and the flu, but it's easy to get them confused since they have similarities. If you are unsure if you have a cold, the flu or COVID-19, please speak with your healthcare provider or use the online provincial COVID-19 self-assessment tools that can be found on [Pharmasave.com](https://www.pharmasave.com).

Symptoms	COVID-19 (could start in 2-14 days)	Cold (gradual start)	Flu (rapid start)
Fever	✓ Common	Sometimes, rare	✓ Common
Cough	✓ Common	Sometimes, mild to moderate	✓ Common
Shortness of breath	Sometimes	None	None
Runny or stuffy nose	Sometimes, rare	✓ Common	Sometimes, mild
Sneezing	Rare	✓ Common	Rare
Sore throat	Sometimes	✓ Common	Sometimes
Red, watery or itchy eyes	Rare (pink eye)	Sometimes (pink eye)	Rare (pink eye)
Fatigue	Sometimes	Sometimes, mild	✓ Common
Headache	Sometimes	Sometimes, mild	✓ Common
Aches and pains	✓ Common	Sometimes, mild	✓ Common
Loss of appetite	✓ Common	Reduced	✓ Common
Diarrhea	Sometimes	None	Sometimes
Length of symptoms	7 to 25 days **	Less than 14 days	7 to 10 days

*The table does not contain complete information on each condition or diagnosis. The information is not meant to replace any information or advice that your healthcare provider has provided to you. You should call your pharmacist or speak to your healthcare provider if you have any questions. **or longer depending on severity