



# Cold, flu, or COVID-19: Know the symptoms

Signs and symptoms*	Cold	Flu	COVID-19
Symptom onset	Gradual	Sudden	Gradual
Muscle and body aches	Slight	Common	Sometimes
Cough	Sometimes	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue, weakness	Sometimes	Common	Common
Fever over 100 degrees	Rare	Common	Common
Loss of taste or smell	Rare	Rare	Sometimes
Shortness of breath or difficulty breathing	Rare	Rare	Common
Runny or stuffy nose	Common	Common	Common
Sneezing	Common	Sometimes	Sometimes
Sore throat	Common	Common	Common
Headache	Rare	Common	Common

\*Chart does not include all possible symptoms. COVID-19 symptoms may change with new variants and depending on vaccination status.



Learn more about COVID-19 at [kp.org/coronavirus](https://kp.org/coronavirus). Visit [kp.org/flu](https://kp.org/flu) for information on flu symptoms and care and to find a flu shot location near you.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057

Learn more at [kp.org/coronavirus](https://kp.org/coronavirus) and [kp.org/flu](https://kp.org/flu)

