

# Cold, Flu, COVID or RSV?



## COLD

### SYMPTOMS

- Above the neck (upper respiratory infection)
- Runny nose, sneezing, cough, sore throat
- May have slight fever or achy muscles
- Symptoms come slowly over a few days

### HOW TO TREAT

- Extra rest, fluids and patience
- OTC meds may relieve symptoms but won't speed recovery
- Antibiotics are not used to treat colds

### WHEN TO SEEK CARE

- If symptoms worsen after 3-5 days
- No improvement after 10-14 days
- Ear pain, chest pain, wheezing or trouble breathing



## FLU

### SYMPTOMS

- Symptoms come on very quickly
- High fever and/or chills
- Achy body, fatigue, headache, significant cough

### HOW TO TREAT

- Most people recover at home in 7-10 days
- Rest, fluids, and age-appropriate OTC meds
- A doctor may prescribe antiviral medication
- Stay home until fever-free for 24 hours

### WHEN TO SEEK CARE

- Symptoms improve, then suddenly get worse
- Chest pain, trouble breathing or confusion
- High-risk patients should be seen within 48 hours of first symptoms (young children, pregnant women, over age 65)



## COVID

### SYMPTOMS

- Symptoms may take up to 14 days after exposure to appear
- Can range from mild to severe
- Similar to flu, but loss of taste or smell is unique to COVID

### HOW TO TREAT

- Most people can recover at home
- Rest, fluids, and age-appropriate OTC meds
- A doctor may prescribe antiviral medication

### WHEN TO SEEK CARE

- Patients in high-risk categories
- Trouble breathing, low oxygen or blue lips
- Chest pain or pressure
- Mental fog or confusion



## RSV

### SYMPTOMS

- Sneezing, coughing, runny nose, fever
- Wheezing, trouble breathing, decreased appetite
- Symptoms usually last 5-7 days

### HOW TO TREAT

- Older children & adults with mild cases: fluids & OTC fever reducers at home

### WHEN TO SEEK CARE

- Struggling to breath or wheezing
- Dehydration
- Most serious for children under age 2 and adults 60+

Help prevent the spread of viral respiratory illnesses: wash hands, avoid close contact with sick people, cover cough/sneezes, clean surfaces and stay home when sick.