



# What Am I Sick With?

Many germs can cause a person to feel sick. Colds, flu, Respiratory Syncytial Virus (RSV) and COVID-19 can have similar signs and symptoms.

**If you feel sick, contact your health care provider or urgent care.**



What to Know	Cold	Flu	COVID-19	RSV
HOW IT STARTS	Starts slowly	Starts quickly	Starts 2-14 days after exposure	Starts 3-8 days after exposure
HEADACHE	Uncommon	Common	Sometimes	Common
FEVER	Uncommon	Common	Common	Common
BODY ACHES/PAINS	Sometimes	Common	Common	Uncommon
CHILLS	Uncommon	Common	Common	Common
TIREDNESS/WEAKNESS	Sometimes	Common	Common	Common
RUNNY/STUFFY NOSE	Common	Sometimes	Sometimes	Common
SNEEZING	Common	Sometimes	Uncommon	Common
SORE/SCRATCHY THROAT	Common	Sometimes	Common	Common
CHEST DISCOMFORT/ COUGH	Common	Common	Common	Common
SHORTNESS OF BREATH/ DIFFICULTY BREATHING	Sometimes	Sometimes	Common	Common
NEW LOSS OF TASTE/SMELL	Uncommon	Uncommon	Common	Uncommon
DIARRHEA/ VOMITING	Uncommon	Sometimes	Sometimes	Uncommon
HAVING NO SYMPTOMS	Uncommon	Uncommon	Sometimes	Uncommon
IS THERE A TEST TO SEE IF I AM POSITIVE?	No	Yes	Yes	Yes
AVAILABLE TREATMENTS	No ( OTC* items are available for comfort)	Yes	Yes	No (OTC* items are available for comfort)
VACCINATIONS	No	Yes	Yes	Yes

\*OTC = over-the-counter

SOURCE: <https://www.texashealth.org/-/media/Project/THR/shared/Documents/PDFs/About-Us/COVID-19-Info/Understanding-the-Flu-English.pdf>