

Know the Difference

Prepare this Flu Season: Cold, Flu or COVID-19?

Wearing a mask, social distancing and thorough hand washing can prevent the spread of the cold, flu, and COVID-19.

Cold



Runny or
stuffy nose



Sneezing



Sore throat



Mild-moderate
chest discomfort

Flu



Fever or
chills



Cough



Sore throat



Body Aches

COVID-19



Fever or
chills



Cough



New loss of
taste or smell



Shortness of
breath

As flu season approaches, please educate yourself on the typical symptoms that are experienced with the common cold, flu and COVID-19. Other symptoms may be present or overlap for each illness.

If you have questions about any of these symptoms, please visit [memorialcare.org](https://www.memorialcare.org) to use our symptom checker tool or consult your physician.

Getting the flu vaccine annually is an important preventative measure to help protect yourself against influenza.

NOTE: Some people may be able to spread COVID-19 without showing any symptoms.