

## **CORONAVIRUS (COVID-19): Symptoms of Coronavirus - Cold vs. Flu vs. Coronavirus**

When it comes to symptoms, there are a lot of similarities between the seasonal cold, flu and coronavirus. The truth is, in some cases, it can be difficult to tell the differences, which is why mild cases of coronavirus may go undetected.

Coronavirus symptoms range from mild to severe illness. The most common symptoms of coronavirus are:

- Fever
- Cough
- Shortness of Breath

Other possible symptoms include :

- New loss of smell and taste
- Diarrhea
- Sore Throat
- Headache
- Repeated shaking with chills
- Muscle Pain

These symptoms may appear 2 to 14 days after exposure. On average, symptoms appear 5 days after being exposed. If you have any of these symptoms please assume it is Coronavirus and self-isolate.

Colds come on gradually and the most common symptoms are a stuffy nose, sore throat, and sneezing. They sometimes also include a cough and fatigue.

Fevers over 100 degrees and headaches are rare. Symptoms of the flu are abrupt and can include fever or feeling chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. According to the CDC, some people may also have vomiting or diarrhea, though it's more common in children.

Visit [kp.org/getcare](http://kp.org/getcare) or call the advice number located on your Member ID card.

If you develop emergency warning signs for coronavirus call 911.

These include:

- Gasping for air or you cannot talk without catching your breath
- Severe or constant pain in the chest
- Fainting or passing out
- Acting confused (new or worsening)

- Unconscious or difficulty waking up
- Slurred speech (new or worsening)
- Blue-colored lips or face