




COVID vs. Flu vs. Common Cold: What You Need to Know

VIRUS	LEVEL OF INFECTIVITY	TIME FROM EXPOSURE TO INFECTION	SYMPTOMS	PREVALENCE IN CHILDREN	VACCINE AVAILABILITY
 <p>COMMON COLD</p> <p><i>Rhinovirus</i></p>	<p>Less contagious</p> <p>Symptomatic individuals shed the virus during the first 2 to 3 days of infection.</p>	<p>2 to 3 days</p>	<p>Cough</p> <p>Low-grade fever</p> <p>Sneezing</p> <p>Sore throat</p> <p>Stuffy nose</p>	<p>Common</p> <p>Most children experience 2 to 4 colds per year; frequently associated with asthma exacerbations.</p>	<p>None</p>
 <p>SEASONAL INFLUENZA</p> <p><i>Influenza virus (A and B)</i></p>	<p>Contagious</p> <p>Viral shedding occurs 24 hours before symptoms appear, peaking around day 3 of illness.</p>	<p>1 to 4 days</p>	<p>Body aches</p> <p>Chills</p> <p>Cough</p> <p>Fatigue</p> <p>Fever</p> <p>Headache</p> <p>Sore throat</p> <p>Stuffy nose</p>	<p>Common</p> <p>Children younger than 2 are at highest risk for more severe disease.</p>	<p>Multiple approved</p>
 <p>COVID-19</p> <p><i>Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)</i></p>	<p>More contagious</p> <p>Viral shedding occurs 2 to 3 days before symptoms appear, peaking around day 3 of illness. However, there can be viral shedding without ever developing symptoms.</p>	<p>2 to 14 days</p>	<p>Body aches</p> <p>Chills</p> <p>Cough</p> <p>Diarrhea</p> <p>Fatigue</p> <p>Fever</p> <p>Headache</p> <p>Loss of smell/taste</p> <p>Nausea/vomiting</p> <p>Shortness of breath</p> <p>Stuffy/runny nose</p>	<p>Becoming more common, and asymptomatic children are possible</p> <p>Typically children have mild symptoms, and rarely they develop multisystem inflammatory syndrome in children (MIS-C) weeks after a SARS-CoV-2 infection.</p>	<p>Two-dose shot approved for children 5 and older.</p> <p>Multiple approved for adults.</p>