



Is it the flu, RSV or COVID-19?

FLU

- ✓ High fever
- ✓ Cough
- ✓ Muscle aches and pain
- ✓ Children may experience reduced appetite and increased sleep

COVID-19

- ✓ Symptoms can mimic flu symptoms
- ✓ Gastrointestinal issues
- ✓ Sudden loss of taste or smell
- ✓ Dizziness

RSV

- ✓ Flu-like symptoms
- ✓ Rhinorrhea
- ✓ Pharyngitis
- ✓ Bronchiolitis



Symptoms for all three viruses include common cold-like symptoms such as:

- runny/stuffy nose
- sore throat
- headache
- overall fatigue or lack of energy

But there are a few symptoms that stand out for the flu, COVID-19, and RSV:

Flu	COVID – 19	RSV
<p>According to the Government of Canada, the sudden onset of the following symptoms can indicate someone is suffering from the flu:</p> <ul style="list-style-type: none"> • high fever • cough • muscle aches and pain • loss of appetite • chills <p>In children, other symptoms can include:</p> <ul style="list-style-type: none"> • not drinking or eating as usual • not waking up or interacting with others • irritable (not wanting to play or be held) 	<p>COVID-19 symptoms can include the above, but can also cause:</p> <ul style="list-style-type: none"> • sneezing • new or worsening cough • shortness of breath or difficulty breathing • a sudden loss of taste or smell • feverish • gastrointestinal symptoms (vomiting, diarrhea, abdominal pain) <p>For a full list of symptoms, please visit this website.</p>	<p>RSV Symptoms in infants can be harder to spot. The only symptoms they might show are:</p> <ul style="list-style-type: none"> • decreased activity • difficulty breathing • difficulty feeding • irritability <p>In children and adults, common symptoms also include:</p> <ul style="list-style-type: none"> • coughing • sneezing • wheezing • fever • rhinorrhea (thin, clear discharge from the nose) • pharyngitis (inflammation of the pharynx resulting in a sore throat) • bronchiolitis <p>For more information, please visit this website.</p>