

# COVID, COLD, FLU, OR RSV?

learn the differences between these most prevalent viral strains.

	transmission level	incubation	risk to kids	common symptoms
 <b>COVID</b>	More contagious	2-14 Days	Low risk	Aches, chills, fatigue, fever, nausea, cough, runny nose, vomiting, loss of smell, diarrhea.
 <b>COLD</b>	Less contagious	2-3 Days	Kids 2-4	Low-grade fever, sneezing, sore throat, stuffy nose, cough.
 <b>FLU</b>	Contagious	1-4 Days	Kids 0-2	Aches, sore throat, chills, fatigue, fever, cough, stuffy nose.
 <b>RSV</b>	Very contagious	4-6 Days	High risk 0-2	Cough, runny nose, sneezing, fever, wheezing.

You can get vaccinated against COVID-19 and the Flu but this protection does not exist for the common cold and the more dangerous RSV respiratory virus. Be aware of the symptoms and take steps to protect yourself and the ones you love.

