

SYMPTOM COMPARISON



Bonitas
Medical Aid for South Africa

Here's a comparison chart outlining the common symptoms for **COVID-19**, **flu**, **common cold**, **Respiratory Syncytial Virus (RSV)**, **Human Metapneumovirus (HMPV)**, and **pneumonia**:

Symptom	COVID-19	Flu	Common Cold	RSV	HMPV	Pneumonia
Fever	Common, but not always	Common	Rare or mild	Common	Common	Common
Cough	Dry, persistent	Dry or productive	Mild, usually a sore throat first	Wet or productive	Wet or productive	Productive, may be severe
Fatigue	Common	Common	Mild to moderate	Common	Common	Common
Shortness of breath	Possible, especially in severe cases	Rare	Rare	Common in severe cases	Common in severe cases	Common, especially in severe cases
Muscle aches	Common	Common	Rare	Sometimes	Sometimes	Sometimes
Sore throat	Sometimes	Sometimes	Common	Sometimes	Sometimes	Sometimes
Runny/stuffy nose	Sometimes	Rare	Common	Common	Common	Rare
Headache	Common	Common	Sometimes	Sometimes	Sometimes	Sometimes
Chills	Common	Common	Rare	Sometimes	Sometimes	Common
Nausea/Vomiting/Diarrhoea	Sometimes	Sometimes (more common in kids)	Rare	Sometimes	Sometimes	Rare
Onset	Gradual or sudden	Sudden	Gradual	Gradual	Gradual	Sudden or gradual
Incubation period	2-14 days	1-4 days	1-3 days	4-6 days	3-10 days	Varies (can be rapid or slow)
Transmission	Airborne, droplets, surfaces	Droplets, airborne	Airborne, droplets	Airborne, droplets	Airborne, droplets	Airborne, droplets, contact

Key differences:

- **COVID-19** often has a wider range of symptoms and can include loss of taste or smell, which isn't common with other respiratory viruses.
- **Flu** typically has a more sudden onset, and **RSV** and **HMPV** are more common in young children or older adults.
- **Common cold** symptoms are milder, usually including a sore throat and congestion, without the high fever or severe respiratory distress.
- **Pneumonia** usually causes more severe symptoms, especially difficulty breathing and chest pain, often after a preceding illness like the flu or a cold.

Please note: This information does not replace the advice of your healthcare provider and is intended for education purposes only. Please consult your doctor should you have any concerns or need more support.

0860 002 108 / For BonCap 0861 239 333 | bonitas.co.za | WhatsApp 060 070 2491 / For BonCap 060 042 9254 type 'Hi' to start a session

Bonitas
Medical Aid for South Africa