

# COVID-19, THE FLU OR THE COMMON COLD?

## IF YOU ARE EXPERIENCING SYMPTOMS YOU SHOULD STAY HOME AND ISOLATE

York Region Public Health is recommending to isolate for 14 days from when symptoms started.

Remember to continue physical distancing even if you have no symptoms.

Remember to wear a mask when keeping a physical distance is not possible.

## ONLINE SELF-ASSESSMENT

Perform an online assessment from the Ministry of Health

<https://covid-19.ontario.ca/self-assessment/>

*Southlake Academic  
Family Health Team*

WWW.SOUTHLAKEFHT.CA/COVID-19

	COVID-19	FLU	COMMON COLD
FEVER	COMMON	COMMON	RARE
COUGH	COMMON	COMMON	SOMETIMES
SORE THROAT	SOMETIMES	SOMETIMES	COMMON
FATIGUE	SOMETIMES	COMMON	SOMETIMES
ACHES/PAINS	SOMETIMES	COMMON	SOMETIMES
SHORTNESS OF BREATH	SOMETIMES	SOMETIMES	NO
HEADACHE	SOMETIMES	COMMON	RARE
DIARRHEA	SOMETIMES	SOMETIMES	NO
LOSS OF TASTE OR SMELL	SOMETIMES	NO	NO
RASH	SOMETIMES	NO	NO
RUNNY NOSE/STUFFY NOSE	RARE	SOMETIMES	COMMON
SNEEZE	NO	COMMON	SOMETIMES

\*Information based on CDC and WHO recommendations

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## PROCEED TO YOUR NEAREST ASSESSMENT CENTRE IF YOU ARE EXPERIENCING SYMPTOMS AND/OR

- You have or think you have been exposed to someone with COVID-19
- Have travelled outside of Canada within the last 14 days

## TESTING LOCATION INFORMATION

Learn about getting a COVID-19 test at a testing location, including pharmacies and assessment centres here:

<https://covid-19.ontario.ca/covid-19-test-and-testing-location-information>

Get tested for COVID-19 at a participating pharmacy if you are not showing symptoms and you are a resident or work in a at-risk setting, such as a long-term care home, homeless shelter or other congregate setting.

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## CONSERVATIVE MANAGEMENT FOR MILD SYMPTOMS

- Rest
- Drink plenty of fluids
- Use vaporizer or humidifier in bedroom
- Salt water gargle, lozenges
- Warm liquids such as soup, tea
- Practice good hand hygiene, cover mouth when coughing/sneezing
- Medication as needed for fever or pain



## WHEN TO CONTACT THE CLINIC

- Fever not relieved with medication
- Feeling worse despite conservative management
- If you think it may be more than common cold or flu



## WHEN TO SEEK URGENT OR EMERGENT CARE

- Fever greater than 40.5 °C not relieved with medication
- Shortness of Breath
- Chest pain or palpitations
- Difficulty breathing
- Confusion or loss of energy
- Unable to eat or drink
- Signs of dehydration