COVID-19, Flu, and Strep Throat

Common Symptoms With Each Illness

	Flu	COVID-19	Strep Throat
Fever	✓	✓	✓
Headache	✓	✓	✓
Cough	✓	✓	✗
Shortness of Breath	✗	✓	✗
Runny or Stuffy Nose	✓	✓	✗
New loss of taste or smell	✗	✓	✗
Sore Throat	✓	✓	✓
Nausea/Vomiting	✓	✓	✓
Diarrhea	✓	✓	✗
Abdominal Pain	✗	✗	✓
Muscle/body aches	✓	✓	✗
Fatigue	✓	✓	✗
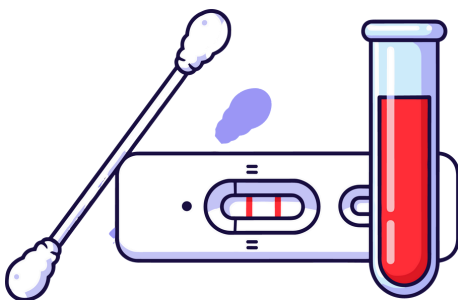
Flu, COVID-19, and strep throat can cause some of the same symptoms. However, flu and COVID-19 are viral infections, while strep throat is caused by bacteria. Because treatment differs, it's important to talk with your healthcare provider about your symptoms. They can help identify the cause of your illness and recommend the right treatment for you.

References
1) CDC. (2024). Signs and symptoms of flu. https://www.cdc.gov/flu/signs-symptoms/index.html
2) CDC. (2025). Symptoms of COVID-19.
https://www.cdc.gov/covid/signs-symptoms/index.html
3) CDC. (2025). About strep throat. https://www.cdc.gov/group-a-strep/about/strep-throat.html#cdc_disease_basics_testing_screening-testing-and-diagnosis

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