



# Comparing the Symptoms: Cough, Cold...Coronavirus, Flu or Food Poisoning?

Mary Angela Miller, MS RDN, LD      The Food Safety Dietitian

Illness	Cold	Flu	Coronavirus	Food Poisoning
<b>AKA:</b> Also Known As	The Common Cold	Influenza	2019 Novel Coronavirus	FBI: Foodborne Illness
<b>Common Symptoms</b>				
<b>Head &amp; Chest</b>				
Headache	X Mild	X	X	X
Runny, Stuffy Nose, Sneezing, Congestion	X	X	X	
Cough	X	X	X	
Sore throat	X	X	X	
Shortness of Breath			X	
<b>Gastrointestinal</b>				
Abdominal Cramps				X
Vomiting		X Mild		X More severe
Diarrhea		X Mild		X Watery, Bloody
<b>All Over</b>				
Fever/Chills	X Low grade	X	X	X
Muscle, Body Aches	X Mild	X	X	X
Weakness/Fatigue	X Very mild	X	X	X
<b>Most Common Causes</b>	Rhinoviruses & others	Viruses Types vary with each outbreak	Specific Virus: 2019 nCoV	Viruses, Bacteria, Parasites, Toxins, Chemicals, > 20 Potential Causes
<b>Acquired</b>	Contact with respiratory droplets in air, from people or surfaces	Contact with respiratory droplets in air from people or surfaces	Close contact with, respiratory droplets from infected person or travel to Wuhan, China	Eating, drinking, touching contaminated food, beverage, water, hands, surfaces (plates, cutting boards) infected people
<b>Incubation Period:</b>		1 – 4 days	2 - 14 days	1 hour - 28 days
<b>Duration</b>	Up to 2 weeks	A week or less	Still learning	Few hours to months or more depending on cause & severity
<b>US Estimated Annual:</b>				
Incidence /Cases this Season/Year	Millions: 2 to 3 occurrences/person/year	19-26 million	12 as of 02/02/20	48.8 million
Estimated Deaths	Rare	10,000-25,000	0	3,037



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The usual, necessary, typical but important additional information and disclaimers:

- Not all symptoms are present in every case, or present to the same degree. Some, like vomiting and diarrhea are more common in children than adults who have the flu.
- Always treat the symptoms, especially to prevent dehydration.
- Seek medical care if symptoms are severe and/or last more than 72 hours, if there is difficulty breathing or shortness of breath, if symptoms get better and then get worse.
- Once sick, colds and flu can lead to other illnesses such as ear and sinus infections, strep throat, croup, pneumonia or trigger an asthma attack.
- Only the most common FBI symptoms are listed on chart. If experiencing difficulty speaking, swallowing, tingling, numbness, blurred vision, jaundice, dizziness paralysis, reversal of hot/cold sensations, confusion, seizure, rash, jaundice, seek medical attention right away.
- Severe FBIs can lead to parasite infestation miscarriage, sepsis, pneumonia, meningitis, kidney failure... and, as noted in the chart result in over 3000 deaths each year.
- In all cases, proper handwashing is a major deterrent to spreading germs.

Stay off the FBI Symptom List: [Visit KeepSafeFood.com](http://KeepSafeFood.com) for your [Personal Food Safety Kit](#)