

SYMPTOM COMPARISON	FLU	COVID-19
FEVER OR FEELING FEVERISH/CHILLS	X	X
COUGH	X	X
SHORTNESS OF BREATH OR DIFFICULTY BREATHING	X	X
FATIGUE (TIREDNESS)	X	X
SORE THROAT	X	X
RUNNY OR STUFFY NOSE	X	X
MUSCLE PAIN OR BODY ACHES	X	X
HEADACHE	X	X
VOMITING AND DIARRHEA (more common in children than adults)	X	X
CHANGE IN OR LOSS OF TASTE OR SMELL		X

OTHER INFORMATION

COMPARISON	FLU	COVID-19
SYMPTOMS APPEAR AFTER EXPOSURE	1-4 days	2-14 days (average of 5 days)
SPREAD OF VIRUS TIME FRAME	1 day before & up to 7 days after signs and symptoms	2 days before & up to 10 days after signs and symptoms
VIRUS IS SPREAD	Person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk.	Person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk.

WHICH IS MORE CONTAGIOUS?

COVID-19 among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.

WHO IS AT HIGH-RISK FOR SEVERE ILLNESS FOR THE FLU & COVID-19?

- Older adults
- People with certain underlying medical conditions (cardiac, respiratory, immunocompromised, etc.)
- Pregnant people

COMPLICATIONS	FLU	COVID-19
PNEUMONIA	X	X
RESPIRATORY FAILURE	X	X
ACUTE RESPIRATORY DISTRESS SYNDROME (i.e. fluid in lungs)	X	X
SEPSIS	X	X
CARDIAC INJURY (E.G. HEART ATTACKS AND STROKE)	X	X
MULTIPLE-ORGAN FAILURE (respiratory failure, kidney failure, shock)	X	X
WORSENING OF CHRONIC MEDICAL CONDITIONS (involving the lungs, heart, nervous system or diabetes)	X	X
INFLAMMATION OF THE HEART, BRAIN OR MUSCLE TISSUES	X	X
SECONDARY BACTERIAL INFECTIONS (i.e. infections that occur in people who have already been infected with flu or COVID-19)	X	X
BLOOD CLOTS IN THE VEINS AND ARTERIES OF THE LUNGS, HEART, LEGS OR BRAIN		X
MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C)		X

There is a flu vaccination however currently no COVID-19 vaccination!

WHO SHOULD GET THE FLU VACCINE?

- Anyone 6 months of age or older

THINGS I CAN DO TO PREVENT VIRUSES AND STAY HEALTHY:

- Avoid people who you know are sick
- Stay home if you are sick
- Routine hand washing
- Avoid touching your face (eyes, nose and mouth eyes, nose and mouth)
- Clean & disinfect surfaces and objects routinely
- Get your flu shot
- Healthy eating habits
 - Inadequate diets that are low in protein, too low in calories (less than 1,200), or contain too many processed or fast foods will lack all the nutrients necessary to maintain a healthy immune system.
- Being physically active (try for atleast 20 minutes a day)
 - Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.
 - Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease.
- Getting adequate sleep (try for atleast 8 hours each night)
 - Lack of sleep can affect your immune system. Studies show that people who don't get quality sleep or enough sleep are more likely to get sick after being exposed to a virus, such as a common cold virus. Lack of sleep can also affect how fast you recover if you do get sick.