

# Is it COVID-19 or the flu?

## What should you do?

Both COVID-19 and the flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms with very similar presentation.

### FLU SYMPTOMS

People who have flu often feel some or all of these symptoms:

- Comes on suddenly
- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults
- \* It's important to note that not everyone with flu will have a fever.

Source: [cdc.gov/flu/symptoms/flu-vs-covid19.htm](https://cdc.gov/flu/symptoms/flu-vs-covid19.htm)



### COVID-19 SYMPTOMS

People with COVID-19 have reported a wide range of symptoms ranging from mild symptoms to severe illness.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Source: [cdc.gov/flu/symptoms/flu-vs-covid19.htm](https://cdc.gov/flu/symptoms/flu-vs-covid19.htm)



**If you do have symptoms, schedule an appointment to get tested.**

Also, follow up with a medical provider to explore options for vaccination to protect yourself in the future.

### BEST DEFENSE: FOLLOW THE PRACTICES BELOW



- Wash your hands often with soap and water for at least 20 seconds – especially after you have been in a public places, have coughed, sneezed or blown your nose.
- Use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- Speak with your doctor about vaccines you can safely receive.
- Keep at least 6 feet between yourself and others.
- Clean and disinfect frequently touched surfaces daily.
- Wear a mask in public settings.
- Monitor your health daily and stay away from others when ill.

