

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.



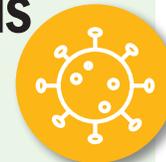
Source: cdc.gov/flu/symptoms/flu-vs-covid19.htm

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



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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.

