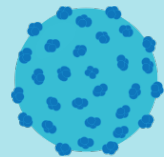




# Understanding the Flu and COVID-19

## FLU



**Caused by:**  
Influenza Virus

**Transmitted Through:**  
Respiratory droplets



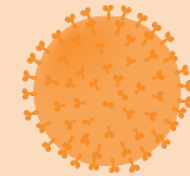
**Illness:**  
Begins 1-4 days after exposure

**Contagious:**  
1 day before symptoms begin and about 7 days after illness begins.



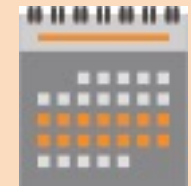
**Prevention:**  
Influenza (Flu) Vaccine

## COVID-19



**Caused by :**  
SARS-CoV-2 virus

**Transmitted Through:**  
Respiratory droplets ANDS air in enclosed spaces



**Illness:**  
Begins 1-4 days after exposure

**Contagious:**  
2 days before symptoms begin and 10 days (up to 20 days) after symptoms appeared.

**Complications:**  
• Blood clots  
• Multisystem Inflammatory in Children (MIS-C) and Adults (MIS-A)



**Prevention:**  
COVID-19 Vaccine

## BOTH

**Transmitted Through:**  
Respiratory droplets from an infected person

### Symptoms:

- Fever
- Cough
- Difficulty breathing
- Fatigue
- Loss of taste or smell  
(More common with COVID-19)
- Body aches
- Runny nose
- Headache
- Sore throat

*Possible to have no symptoms*

**Complications:**  
Pneumonia, among others,\* including death

### Prevention:



**Stay home if you are sick**



**Cover your cough or sneeze**



**Wash your hands often and avoid touching your face**

**Get Vaccinated!**



**Clean and disinfect surfaces often**



**Wear a face covering**



**Practice Social / Physical Distancing**

\***Complications:** Pneumonia, respiratory failure, heart problems, organ failure, worsening of chronic medical conditions, inflammation of heart, brain, or muscle tissue.