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 AND 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)
- **Complications (COVID-19):**
  - Pneumonia, among others,* including death
- **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)
- **Complications:** Pneumonia, among others,* including death

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

**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

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