### 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:** Flu Shot

### COVID-19
- **Caused by:** SARS-CoV-2 virus
- **Transmitted Through:** Respiratory droplets AND air in enclosed spaces
- **Illness:** Begins 2-14 days after exposure
- **Contagious:** 2 days before symptoms begin and 10 days (up to 20 days) after symptoms appeared.
- **Possible Symptoms:**
  - Fever
  - Cough
  - Difficulty breathing
  - Fatigue
  - Body aches
  - Runny nose
  - Headache
  - Sore throat
  - Loss of taste or smell

### BOTH
- **Transmitted Through:** Respiratory droplets from an infected person
- **Symptoms:**
  - Fever
  - Cough
  - Difficulty breathing
  - Fatigue
  - Body aches
  - Runny nose
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Possible to have no symptoms
- **Complications:**
  - Pneumonia, among others*, including death
  - Blood clots
  - Multisystem Inflammatory Syndrome in Children (MIS-C) and Adults (MIS-A)

### Prevention
- Stay home if sick
- Cover your cough or sneeze
- Avoid touching your face
- Wash your hands
- 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.*