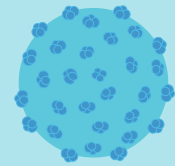


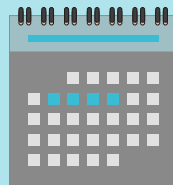


FLU



Caused by:
Influenza virus

Transmitted Through:
Respiratory droplets



Illness: Begins 1-4 days
after exposure

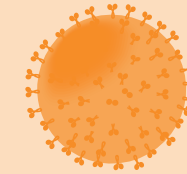
Contagious:

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



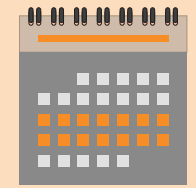
Prevention: Flu Shot

COVID-19



Caused by:
SARS-CoV-2 virus

Transmitted Through:
Respiratory droplets AND air in
enclosed spaces



Illness: Begins 2-14 days
after exposure

Symptoms:

- Loss of taste or smell

Contagious:

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

Complications:

- Blood clots
- Multisystem Inflammatory Syndrome
in Children (MIS-C) and Adults (MIS-A)

BOTH

Transmitted Through:
Respiratory droplets from an
infected person

Symptoms:

- Fever
- Cough
- Difficulty breathing
- Fatigue
- Body aches
- Runny nose
- Headache
- Sore throat

Possible to have no symptoms

Complications:

Pneumonia, among others*,
including death

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.