

COVID-19, FLU AND YOU

COVID-19 (coronavirus) and seasonal influenza (flu) have many similarities. Both COVID-19 and flu are contagious respiratory diseases caused by viruses. Testing may be done to see if you have COVID-19 or the flu. You can also have both viruses at the same time. Find out what to know and how to protect yourself from these viruses.

This season, influenza vaccination – recommended for everyone six months and older without medical contraindications – is vital to help protect vulnerable populations and reduce the burden of respiratory illnesses and hospitalizations during the COVID-19 pandemic. ([AAP, 2020](#))

Symptoms	Influenza	COVID-19
Fever/chills	✓	✓
Cough	✓	✓
Shortness of breath	✓	✓
Fatigue	✓	✓
Sore throat	✓	✓
Runny or stuffy nose	✓	✓
Muscle pain or body aches	✓	✓
Headache	✓	✓
Vomiting and diarrhea	✓	✓
Sudden change in or loss of taste or smell		✓
Symptom Onset	1-4 days after exposure	2-14 days after exposure

How COVID-19 and Flu Spread

The viruses that cause COVID-19 and the flu spread in similar ways. They can both spread between people who are in close contact (within 6 feet, or 2 meters). The viruses spread through respiratory droplets or aerosols released through talking, sneezing or coughing. These droplets can land in the mouth or nose of someone nearby or be inhaled. These viruses can also spread if a person touches a surface with one of the viruses on it and then touches his or her mouth, nose or eyes.

How to Prevent Getting COVID-19 and Flu

- Wash your hands often with soap and water for at least 20 seconds
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze
- Wear a face covering in public spaces and around sick household members
- Avoid touching your eyes, nose and mouth
- Avoid large events and mass gatherings
- Avoid close contact (within 6 feet) with anyone outside your household

How to Prevent Exposing Others to COVID-19 and Flu

- Stay home when you feel ill
- Stay home if you think you've been exposed to COVID-19 and get a COVID-19 test
- Seek testing early on if you experience symptoms consistent with influenza or COVID-19. If you test positive, follow your health care provider's advice for treatment and quarantine.