

COVID-19 and Flu

Protect yourself. Prevent the spread.

What you can do

1. Get your flu shot early.

Get vaccinated early in the fall, before the flu spreads in your community.



- Flu shots provide important protection from the flu and are especially important during the COVID-19 pandemic
- Flu shots are safe
- Flu shots **DO NOT** give you the flu
- In recent years, flu vaccines have reduced the risk of flu-associated hospitalizations among older adults on average by about 40%

2. Take steps to protect yourself from COVID-19 and the flu:



- Wash your hands often
- Cover your mouth and nose with a mask or cloth face covering while in public
- Keep 6 feet of distance between yourself and people who don't live in your household
- If you feel sick, stay home, separate yourself from others, and contact your doctor



COVID-19 or Flu?

COVID-19

Symptoms may appear 2-14 days after exposure and can range from mild to severe.

FLU

Typical flu symptoms come on suddenly and include a fever, sore throat, cough and/or body aches.



SYMPTOMS

	COVID-19	FLU
Fever, Chills, body aches	X	X
Cough	X	X
Shortness of breath or difficulty breathing	X	Less Common
Chest Discomfort	X	X
Fatigue	X	X
Headache	X	X
Loss of taste or smell	X	
Sore throat	X	X
Congestion or runny nose	X	X
Nausea, vomiting, diarrhea	X	Less Common

