

Is it the Flu or COVID?

Flu	Similarities in Symptoms	COVID
<ul style="list-style-type: none"> • Caused by the influenza virus. • Transmitted through respiratory droplets. • Illness begins 1-4 days after exposure. • Contagious: people with flu virus infection are potentially contagious for about one day before they show symptoms. 	<ul style="list-style-type: none"> ✓ Fever or chills ✓ Cough ✓ Shortness of breath or difficulty breathing ✓ Fatigue ✓ Sore throat ✓ Runny or stuffy nose ✓ Body aches ✓ Headache ✓ Vomiting ✓ Diarrhea <p>Differences in Symptoms</p> <ul style="list-style-type: none"> • <i>Change in loss of taste or smell</i> 	<ul style="list-style-type: none"> • Caused by SARS-CoV-2 Virus. • Transmitted through respiratory droplets and air in enclosed spaces. • Illness begins 2-14 days after exposure. • Contagious: on average, people can begin spreading the virus that causes COVID-19, 2-3 days before their symptoms begin, but infectiousness peaks one day before their symptoms begin.

 <p>Wash your hands</p>	 <p>Stay home if you're sick</p>	 <p>Clean & disinfect surfaces frequently</p>	 <p>Cover your cough</p>	 <p>Avoid touching your face</p>
---	--	--	--	--