

# INFLUENZA

# CORONAVIRUS

## Key Differences between the Influenza (Flu) and COVID-19

### Common Signs & Symptoms of Flu:

Influenza (flu) can cause mild to severe illness. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea (though this is more common in children than adults.)

\*It is important to note that not everyone with flu will have a fever.

### Everyone Should:

Get a Flu-Vaccine  
Avoid contact with others if sick  
Cover coughs and sneezes

### People with COVID-19 have reported:

Symptoms ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Diarrhea
- Fever or chills
- Cough
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Nausea or vomiting

\*This list does not include all possible symptoms. CDC will continue to make updates as they learn more about COVID-19. There is currently no vaccine available.

### Everyone Should:

Wash hands often  
Physically distance  
Clean and disinfect frequently

It is likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19.

**This means getting a flu vaccine during 2020-2021 is more important than ever!**

While getting a flu vaccine will not protect against COVID-19 there are important benefits:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

