

FLU vs COVID-19

Flu and COVID-19 **are similar**, but there are some **key differences** between the two

SIMILARITIES:

- Fever/chills
- Cough
- Fatigue (tiredness)
- Sore throat
- Shortness of breath or difficulty breathing
- Both transmitted through respiratory droplets
- Runny or stuffy nose
- Muscle pain/body aches
- Headache
- Vomiting and diarrhea
- Both are transmitted by close personal contact
- With both an individual can be infected and contagious with no symptoms

DIFFERENCES:

- COVID-19, symptoms typically appear 2-14 days after exposure, whereas with the flu, symptoms usually develop 1-4 days after infection.
- COVID-19 is believed to be more contagious among certain populations and age groups and involved in more super spreading events than the flu.
- With COVID-19, you may experience a change in/loss of taste or smell.

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. The Centers for Disease Control and Prevention recommends getting a flu vaccination in September or October, but getting vaccinated any time during the flu season can help protect you.



CALIFORNIA CORRECTIONAL
HEALTH CARE SERVICES

