

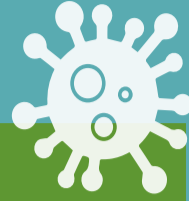


# FLU VS COVID-19

Both are contagious respiratory illnesses spread by large and small particles containing viruses that are expelled when people with the illness (flu or COVID-19) cough, sneeze, or talk

Infection with influenza virus

CAUSED BY



Infection with a coronavirus

1 - 4 days



INCUBATION PERIOD

2 -14 days

Abrupt onset



SYMPTOMS ONSET

Gradual onset

Less than COVID-19



DEATH RATE

Higher than flu

- High fever, feeling feverish or having chills
- Cough
- Sore throat
- Headache
- Loss of appetite
- Fatigue (tiredness)
- Runny or stuffy nose
- Muscle pain or body aches



SYMPTOMS

- High fever, feeling feverish or having chills
  - Dry cough
- Shortness of breath or difficulty breathing
  - Sore throat
  - Headache
- Change in or loss of taste or smell
  - Loss of appetite
  - Fatigue (tiredness)
- Nausea, vomiting or diarrhea
- Muscle pain or body aches

Shorter period  
Most contagious 3 - 4 days after illness begins



CONTAGIOUS

Longer period  
Contagious for up to 10 days

- Drink plenty of water/fluids
- Stay home and get some rest, as most people will recover within a week
- Treat aches and fever
- If you have a severe infection or are at higher risk for complications, your doctor may prescribe an antiviral drug (antibiotic) to treat the flu



TREATMENT

- Isolate and self-quarantine
- Rest and drink plenty of fluids
- If you have difficulty breathing, loss of speech or mobility, confusion or chest pain – seek medical help

- Boost your immune system
- Good hand hygiene and respiratory etiquette (coughing into your elbow or into a tissue and immediately disposing of the tissue)



PREVENTION

- Limit contact with others
  - Wear a face mask
  - Social distance
- Improve ventilation
- Avoid gatherings

