

FLU SEASON AND COVID-19

STAYING HEALTHY THIS WINTER

BOTH COVID-19 AND THE FLU WILL BE SPREADING THIS FALL AND WINTER

Because COVID-19 and the seasonal flu are both easily spread and affect your breathing, it can be hard to figure out what is making you sick based on how you feel. Testing will let you know if you have COVID-19 or the flu. And yes, you can also have both diseases at the same time.

DOUBLE YOUR PROTECTION; GET THE COVID-19 AND SEASONAL FLU SHOT!

Wash your hands often, avoid touching your face, clean and disinfect often, keep your distance from others, wear a mask when needed and stay home when you are sick. Doing your part will protect you and your loved ones and also help save hospital beds and medical supplies for seriously ill patients in your community. For [more flu information](#).

COVID-19



CAUSED BY A NEW CORONAVIRUS CALLED SARS-COV-2 AND ITS VARIANTS



SEASONAL FLU

CAUSED BY SEVERAL INFLUENZA VIRUSES THAT CHANGE EACH YEAR
This is why there is a new vaccine each season.

USUAL SIGNS OF SICKNESS

FLU AND COVID-19 CAN HAVE VERY SIMILAR SYMPTOMS

Call your health care provider if you have any of these symptoms. Time matters when getting treated.

- | | | |
|----------------------|---|----------------------|
| Fever | ↔ | Headache |
| Cough | | Muscle aches |
| Tiredness | | Runny or stuffy nose |
| Shortness of breath | | Muscle aches |
| Difficulty breathing | | Nausea or vomiting |
| Sore throat | | |

BOTH FLU AND COVID-19 can have varying degrees of signs and symptoms, ranging from no symptoms to severe symptoms.

WHAT TO EXPECT

RECOVERY CAN TAKE UP TO TWO WEEKS FOR MILD CASES OR FOUR WEEKS OR MORE FOR SEVERE CASES
COVID-19 may also lead to lasting organ damage and long term effects.

SEVERE CASES MAY lead to hospitalization or death

FEVER AND ACES SHOULD END WITHIN FIVE DAYS
Cough and feeling tired or not having energy can last about two weeks. Seek medical care if symptoms get worse.

SPREAD OF DISEASE

COVID-19 SPREADS EASILY FROM PERSON TO PERSON
Spread can happen for at least 10 days after infection. Symptoms appear 2 to 14 days after coming in contact with COVID-19. People with severe disease and people with weakened immune systems can be contagious for 20 days or longer.

CAN BE SPREAD by infected people that don't feel sick

THE FLU USUALLY SPREADS PERSON TO PERSON
Most people with flu are contagious for about 1 day before they show symptoms and up to 7 days from when someone first feels sick.

COMMON TREATMENT

A DOCTOR MAY PRESCRIBE treatments to help lessen the effects of COVID-19. More serious cases may require hospitalization, breathing support with a ventilator, or other therapies.

COMMON TREATMENT FOR MILD CASES
rest, drink fluids, fever reducers such as acetaminophen, and cough medicine

A DOCTOR MAY PRESCRIBE antiviral medicines to reduce the amount of time you have the flu and prevent complications.

WHY GET TREATED

COVID-19 CAN RESULT IN LASTING DAMAGE TO YOUR LUNGS, KIDNEYS, HEART AND BRAIN
Serious COVID-19 illness can result in hospitalization and death and can occur even in healthy children.

GROUPS AT HIGH RISK
older adults, people with some underlying medical conditions (including infants and children) and pregnant people

CATCHING THE FLU CAN WEAKEN YOUR ABILITY TO AVOID COVID-19
The Flu can turn into pneumonia, and very severe cases can be fatal.

THE BOTTOM LINE



PROTECT YOURSELF AND YOUR FAMILY FROM COVID-19 BY GETTING ALL NEEDED SHOTS.

PREVENT THE FLU AND COVID-19
wash hands often, wear a mask in public, self-isolation when sick, cover coughs and sneezes, avoid touching your face



PROTECT YOURSELF AND YOUR FAMILY FROM THE FLU BY GETTING AN FDA APPROVED INJECTION OR NASAL SPRAY EACH YEAR.