

# 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.

### Pennsylvania's New Respiratory Virus Dashboard

RSV, influenza, and severe COVID-19 infection levels are posted weekly to PA's Respiratory Virus Dashboard.

[2023-24 Flu \(pa.gov\)](https://pa.gov)



Scan Code

## 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 SIMILAR SYMPTOMS

Call your health care provider if you have any of these symptoms. Don't delay, treatments need to start soon if you are sick.

Fever Cough Headache Tiredness Sore throat  
Diarrhea Muscle aches Shortness of breath Runny or stuffy nose Nausea or vomiting

#### 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 FROM TWO TO FOUR WEEKS

COVID-19 may also lead to lasting organ damage and long term effects.

**CASES CAN RANGE FROM MILD TO SEVERE**  
and 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

It can spread before you have symptoms and for at least 10 days after feeling sick. People with severe disease or weakened immune systems can be contagious for 20 days or longer.

**BOTH VIRUSES CAN BE SPREAD**  
by infected people that don't feel sick.

#### THE FLU USUALLY SPREADS FROM PERSON TO PERSON

Most people with the flu can spread the virus 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

antiviral medicines, even if your COVID-19 symptoms are mild, to prevent complications.

**WHEN RECOVERING**  
get rest, drink fluids, and consider using over-the-counter medicine to treat your symptoms.

#### 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 be fatal even to children.

**GROUPS AT HIGH RISK**  
older adults, people of any age with some underlying medical conditions, and pregnant women should talk to their doctors about treatment.

#### CATCHING THE FLU CAN WEAKEN YOUR ABILITY TO AVOID OTHER ILLNESSES

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 YOUR RECOMMENDED SHOTS AND GETTING TESTED IF YOU HAVE SYMPTOMS**



**PREVENTION MATTERS**  
wash hands often, isolate and wear a mask around others when sick, cover coughs and sneezes, and avoid touching your face.

**PROTECT YOURSELF AND YOUR FAMILY FROM THE FLU BY GETTING A SHOT OR NASAL SPRAY EACH YEAR AND GETTING TESTED IF YOU HAVE SYMPTOMS**

