



FLU VS. COVID-19

Both COVID-19 and the influenza virus will be with us this fall and winter and it will be important for everyone to know the similarities and differences between the two. Memorial Hermann infectious disease experts say it's important for everyone to receive a flu shot this year because it will help doctors distinguish between the two viruses.

What do they have in common?

- Flu and COVID-19 share some of the same symptoms such as fever, cough, muscle aches and runny nose.
- Some people can experience no symptoms.
- Both viruses are spread from person-to-person through respiratory droplets from an infected person through coughing, sneezing, talking or singing.
- It's also possible to become infected by physical human contact such as shaking hands or touching a surface or object that has the virus on it.
- An individual that has been infected can begin to show symptoms and pass the virus as early as one day after being infected.

How are the viruses different?

COVID-19

- COVID-19 is thought to be more contagious than the flu and can quickly and easily spread through a group of people.
- COVID-19 symptoms can take longer to show than flu symptoms. According to the CDC, on average, a person typically develops symptoms five days after being exposed. However, symptoms can begin to show as early as two days after infection or as late as 14 days after infection.
- A vaccine has not been approved and made widely available.

FLU

- People with the flu can be contagious for at least one day **before** symptoms begin.
- There is a flu vaccine available.

SYMPTOMS CHART

FLU

Fever or feeling feverish/chills
Cough
Sore throat
Congestion or runny nose

Muscle or body aches
Headache
Fatigue
 Vomiting and diarrhea may be common in children

COVID-19

Fever or chills
Cough
Sore throat
Congestion or runny nose
Muscle or body aches
Headache

Fatigue
 Nausea or vomiting
 Shortness of breath or difficulty breathing
 New loss of taste or smell
 Diarrhea

**Bolded symptoms are symptoms both viruses have been shown to cause*

SOURCE: CDC | www.cdc.gov/flu/symptoms/flu-vs-covid19.htm