

COVID-19 vs Flu

General differences

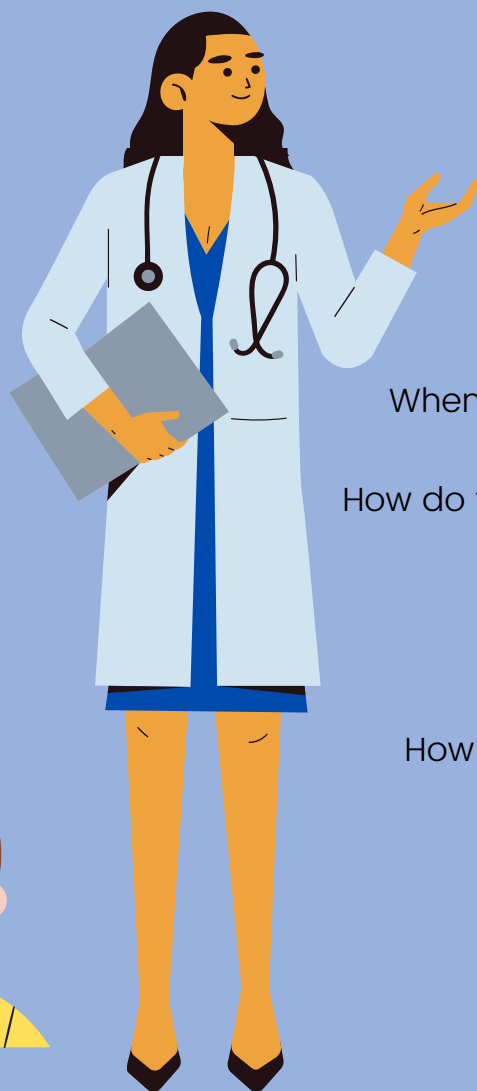
COVID-19

Coronavirus is a recently discovered virus that can cause mild to severe respiratory disease.

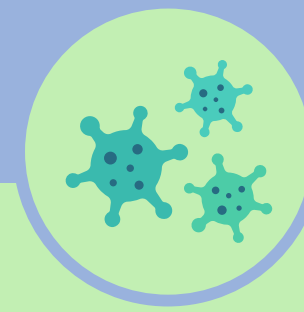
Flu

Influenza (Flu) is a common respiratory infectious virus that usually occurs during the Autumn/Winter seasons.

As flu season approaches it is important to distinguish COVID-19 from Flu....



What causes it?	Coronavirus 19
When do the symptoms start?	1-14 days after infection
How do the symptoms progress?	Suddenly
How is it passed on?	Respiratory droplets
How long is it contagious for?	2 days before symptoms to 10 days after symptoms appear
Peak period	-
Who is at highest risk?	Elderly, pregnant people, with chronic disease, and healthcare workers



COVID-19



Flu

What causes it?	Influenza virus
When do the symptoms start?	1-4 days after infection
How do the symptoms progress?	Gradually
How is it passed on?	Respiratory droplets
How long is it contagious for?	1 day before symptoms to 7 days after symptoms appear
Peak period	Autumn/Winter (Can happen at any time)
Who is at highest risk?	Children under 5, elderly, pregnant people, and with chronic disease

Know the symptoms

The symptoms of Flu and COVID-19 are similar, however there are some differences that can help you to determine whether you may have contracted **COVID-19** or **Flu**.

COVID-19

Headache (sometimes)

Fatigue (sometimes)

New loss of taste and/or smell

Shortness of breath

Sore throat (sometimes)

Continuous dry cough

Vomiting (sometimes)

Fever

Diarrhoea (sometimes)

Muscle aches (sometimes)

Flu

Headache (often severe)

Fatigue (sometimes)

Sneezing
Blocked or runny nose (sometimes)

Sore throat

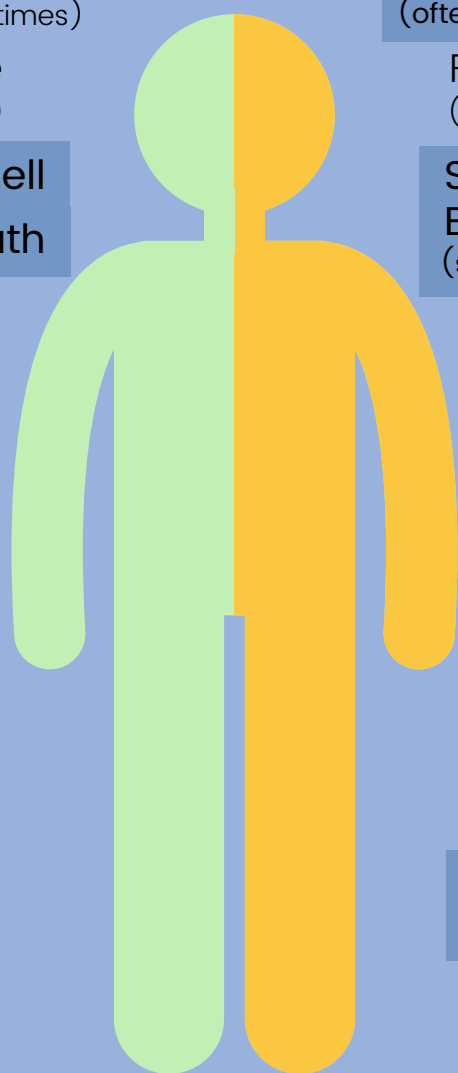
Dry cough

Vomiting (sometimes)

Fever

Diarrhoea (sometimes)

Muscle aches (often severe)



Stay safe

If you feel you are suffering from COVID-19 symptoms, **self-isolate straight away** and get a PCR test as soon as possible on GOV.UK

If you feel you are suffering from the Flu, it is advised to **drink plenty of water, rest and contact your local pharmacist** for any treatment advice. More vulnerable people may need to seek further help.

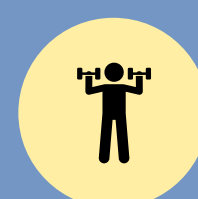
Both of these conditions are highly infectious and potentially life-threatening, therefore it is important to spot the signs and take necessary precautions like...



Wear a mask



Maintain a healthy balanced diet



Exercise



Wash hands

People can be infected with both the Flu and COVID-19 at the same time, causing an overlap of symptoms. This can increase chances of becoming seriously ill.

The symptoms can present differently in individuals, therefore PCR testing is the only way to confirm a diagnosis.

It is very difficult to distinguish between COVID-19 and Flu, As COVID-19 is more common now, it is best to self-isolate and get tested.

Are you eligible for the vaccine?

Getting vaccinated against Flu and COVID-19 will give protection for you and others around you from both these illnesses.

The COVID-19 booster is offered to those who are:

- 50 and over
- Living and working in care homes
- Frontline health and social care workers
- Aged 16 and over with health condition that increases their risk of severe complications from COVID-19
- Aged 16 and over and are a main carer for someone at high risk from COVID-19
- People aged 16 and over who live with someone with a weakened immune system
- Pregnant and meet one other criteria listed above

The Flu vaccine is available from Autumn and offered to those who are:

- 50 and over
- Pregnant
- In long-stay residential care
- In receipt of carer's allowance
- With weakened immune system
- With certain health conditions
- Frontline health or social care workers

Go to the NHS England website to find more information on the vaccines and where you can get them.

