Influenza (Flu) and COVID-19

Similar symptoms

- **Fever and/or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue (tiredness)**
- **Sore throat**
- **Runny/stuffy nose**
- **Muscle pain or body aches**
- **Headache**
- **Vomiting and diarrhea**
- **Change in or loss of taste or smell, although this is more frequent with COVID-19.**

Symptom onset

- **Flu**: symptoms tend to begin 1-4 days after infection.
- **COVID-19**: symptoms tend to begin around 5 days after infection, but can range from 2-14 days.

- The viruses are different, but both are spread through the air and sometimes by touch.
- COVID-19 is generally more contagious than Flu.
- COVID-19 has been observed to have more superspreading events than Flu.

You can get your Flu shot and COVID-19 vaccine on the same day. Get your shots to reduce severity and spread of both illnesses.

Monitor for symptoms, wear a mask, and stay home if you are feeling sick.

Public Health
Prevent. Promote. Protect.

FOR QUESTIONS OR CONCERNS, PLEASE REACH OUT TO YOUR LOCAL PUBLIC HEALTH OFFICIALS.