

# Flu Prevention During Coronavirus Pandemic

Fall and winter months bring the flu season. Here is what you need to know to help protect you and your family from the flu and COVID-19.

## FLU

## COVID-19

### PREVENTION

**Flu shot.** A flu shot protects you and your family from most strains of the flu.



**Physical distancing, mask wearing, frequent hand washing.** These important safety measures help prevent COVID-19 and also protect against the flu.

### SYMPTOMS

Flu and COVID-19 can have similar symptoms. Call a doctor or health care center if you have any of these symptoms:

- Stuffy or runny nose
- Cough
- Diarrhea
- Fever or chills
- Headache
- Muscle or body aches
- Nausea or vomiting
- New fatigue/feeling tired or without energy
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Sore throat



### WHAT TO EXPECT



Fever and aches should end within five days. Coughing and fatigue/feeling tired or not having energy can last about two weeks. See your doctor if symptoms get worse. Severe cases may lead to hospitalization or death.

Some people may never have symptoms. Recovery can take up to two weeks for mild cases, or six weeks or more for severe cases. COVID-19 may also lead to lasting organ damage, hospitalization or death.



### TREATMENT

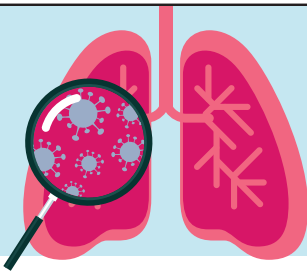
Rest, a fever reducer, such as acetaminophen, and an antiviral medicine to reduce the amount of time you have the flu and prevent complications



**Mild cases:** rest, fever reducers and cough medicine.

**Serious cases:** hospitalization, breathing support with a ventilator or other therapies.

### COMPLICATIONS



Flu can turn into pneumonia, and very severe cases can be fatal.

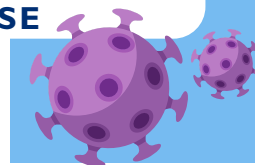
This disease can result in pneumonia and lasting damage to your lungs, kidneys, heart and brain. COVID-19 can be fatal.\*

*\* More research is needed, but doctors and scientists currently believe that the death rate of COVID-19 could be 10 times higher (or more) than most strains of the flu.*



### CAUSE

It is caused by several different influenza viruses that change each year, which is why there is a new vaccine each flu season.



This disease is caused by a coronavirus called SARS-CoV-2, which emerged late in 2019.



**WHEN TO CALL YOUR DOCTOR.** Call your doctor or health center if you have any signs or symptoms of illness. Explain what is happening, and follow their advice.