

GREAT FUTURES START **HERE.**



Team Tailgate

The Flu Season & COVID-19

The flu season occurs every fall and winter, peaking between late November and early March, and it's an epidemic every year. This is the third year the US has been experiencing COVID-19, and it is important to know information on COVID-19 and the flu, as they are similar. Both the flu and COVID-19 are upper respiratory illnesses, but they are caused by two different viruses, influenza and SARS-CoV-2.

Signs & Symptoms:

Similarities between COVID-19 and the flu include the following:

- Fever or feeling feverish/chills
- Muscle pain or body aches
- shortness of breath/difficulty breathing
- some people may experience vomiting and diarrhea
- Fatigue
- Sore throat
- Runny or stuffy nose
- Cough
- Headache

Unique to COVID-19

- Change in/loss of taste or smell

Influenza:

www.cdc.gov/flu/

With influenza, symptoms typically develop anywhere from 1-4 days after infection and are contagious for about one day before symptoms appear. Adults and older children are the most contagious during the first 3-4 days, though it is possible some people remain contagious for longer periods of time. Those with weakened immune systems, including infants, are contagious for even longer periods.

COVID-19:

www.cdc.gov/coronavirus/2019-nCoV

With COVID-19, symptoms could develop as soon as 2 days after infection or as late as 14 days after infection. However, the infectiousness peaks one day before symptoms begin. It is also possible for COVID-19 to be spread without experiencing any symptoms. On average, people are considered contagious for about eight days after their symptoms begin.

Prevent The Spread!

Protect yourself and those around you by recognizing the signs and symptoms of both viruses and taking precautionary measures.

- Wash your hands often with soap and warm water for at least 20 seconds.
 - Use hand sanitizer if soap and water are not readily available
- Avoid close contact with those who are sick
- Cover coughs and sneezes with tissues or the inside of your elbow
 - Wash your hands or use hand sanitizer immediately
- Clean frequently touched surfaces
- Wear a mask if you are feeling sick

Although the flu and COVID-19 symptoms are similar, they are two completely different viruses that are capable of infecting a person at the same time. To learn more information regarding the flu or COVID-19, please visit the CDC's website.

Stay Safe, Stay Healthy!