



Is it the **FLU** or **COVID-19**?

Influenza (Flu) and SARS-CoV-2 (COVID-19) are both highly contagious respiratory viral illnesses. While infection is caused by two different virus strains, they produce overlapping symptoms that can make it difficult to know whether you have the flu or COVID-19. The chart below offers a look at where symptoms overlap and whether they are unique. *Ultimately, professional medical advice and an FDA-approved test is the best way to confirm a diagnosis.*

ONSET OF SYMPTOMS

- **Flu symptoms** develop anywhere from **1 to 4 days** after infection



- **COVID-19 symptoms** have shown to develop anywhere between **2 to 14 days** after infection



COVID-19 AND FLU PREVENTATIVE TIPS:

- Cover your mouth and nose with a **facemask**



- **Wash your hands** often

- Maintain at least **6 feet of social distancing**



- Consider getting the annual **flu shot**

THE VIRUSES EXHIBIT THE FOLLOWING SYMPTOMS:

SYMPTOM	FLU	COVID-19
Fever	X	X
Chills	X	X
Cough	X	X
Shortness of breath	X	X
Fatigue	X	X
Sore throat	X	X
Runny or stuffy nose	X	X
Body aches	X	X
Headache	X	X
Vomiting/Diarrhea	X	X
Loss of taste		X
Loss of smell		X

