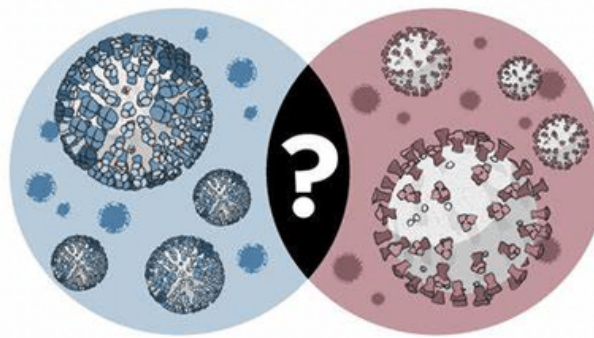


Influenza

- Symptoms may appear 1-4 days after infection
- Two types (A & B) cause seasonal epidemics in humans
- Secondary bacterial infections are more common with influenza than with COVID-19
- Typically seasonal with peaks between December and February
- Treated with antiviral drugs



Respiratory illnesses

Similar symptoms

Available Vaccinations



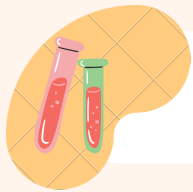
COVID-19

- Symptoms may appear anywhere between 2-14 days after infection
- Different variants with multiple mutations throughout the year
- Longer infectious period
- Higher rates of severe illness
- Generally, more contagious
- Only one antiviral drug (remdesivir) has been approved to treat COVID-19

The Importance of

UNDERSTANDING THE DIFFERENCE

While the flu and COVID-19 ARE similar
It is important to understand the differences



Testing

1

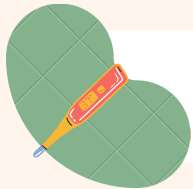
It is very hard to tell if an individual has the flu or COVID-19 just by looking at their symptoms. Testing is needed to get an accurate diagnosis and can also tell if a person is infected with both the flu and COVID at the same time

2

Rates



Overall, COVID-19 appears to be more contagious and potentially more serious than the flu. During the 2019-2020 flu season in the U.S., about 38 million people had the flu and about 22,000 people died. This is compared to the 32 million COVID cases in 2021 with nearly 400,000 deaths



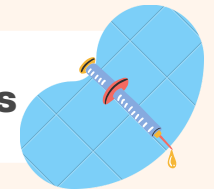
Severity

3

The amount of influenza that is circulating at this time is unseasonable high but hospitalizations were low. The rate of flu-associated hospitalizations for the 2020-21 flu season was 0.1 per 100,000 for all pediatric age groups. This rate was much lower than the pediatric COVID-19-associated hospitalization rate of 47.6 per 100,000 during the same time period













4

Vaccines and Variants



COVID-19 continues to mutate, and each variant comes with it's own concerns. The new BA.5 has many mutations which make it less recognizable to antibodies. Vaccines are the best way to prevent both illnesses, though a flu vaccine does not protect against COVID, and vice-versa.

Understand the symptoms

		COVID-19	Cold	Flu
 Fever		Sometimes	Rare	Common
 Cough		Common	Common	Common
 Sore throat		Common	Common	Sometimes
 Shortness of breath		Sometimes	No	No
 Fatigue		Common	Sometimes	Common
 Loss of taste and/or smell		Sometimes	Sometimes	Sometimes
 Body aches/pain		Sometimes	Sometimes	Common
 Headache		Common	No	Common
 Stuffy/runny nose		Common	Common	Sometimes
 Diarrhoea		Rare	No	Sometimes (in children)
 Sneezing		Common	Common	No
 Vomiting		Sometimes	Rare	Common in children / Rare in adults

