

INFLUENZA AND COVID-19

Influenza (flu) and COVID-19 are contagious respiratory illnesses that can cause mild to severe illness and sometimes death. However, there are certain differences between the two, for example, they are caused by different viruses. Influenza is caused by infection with seasonal influenza viruses, and COVID-19 is caused by infection with the new coronavirus SARS-CoV-2. According to the Centers for Disease Control and Prevention, CDC, some of the symptoms of influenza and COVID-19 are similar, necessitating a screening test to help confirm the disease diagnosis.

INFLUENZA Symptoms appear 1-4 days after infection.		COVID-19 Symptoms appear 2-14 days after exposure.	
*Fever/feeling feverish (chills)	Cough	Fever or chills	Cough
Sore throat	Runny or stuffy nose	Shortness of breath or difficulty breathing	Fatigue
Muscle or body aches	Headaches	Muscle or body aches	Headaches
Fatigue (tiredness)	Vomits and diarrhea	New loss of taste or smell	Sore throat
		Congesting or runny nose	Nausea or vomiting
		Diarrhea	
*Not all people with influenza will have a fever or symptoms (asymptomatic).		There are people positive COVID-19 and who do not have symptoms (asymptomatic). This list does not include all possible symptoms, CDC keeps updating as they learn more about COVID-19.	
Duration of Symptoms			
Without complications, they usually disappear after 3-7 days in most cases. The cough and discomfort remain more than 2 weeks.		Novel virus, it is still being investigated how long a person can have symptoms.	
Transmission			
From a person to person, through the droplets that go through the air and are produced when an infected person coughs, sneezes or speaks.		From person to person, through respiratory droplets that are produced when an infected person coughs, sneezes or speaks. By touching a surface or object that has the virus on it.	
Incubation			
From 1 day before presenting symptoms.		From 2 days before presenting symptoms to 10 days after the first appearance of these, the same in asymptomatic people.	
Prevention			
<ul style="list-style-type: none"> • Get vaccinated every season. • Avoid contact with sick people. • Stay home if you are sick. • Cover your nose and mouth when coughing or sneezing. • Avoid touching the eyes, nose and mouth. • Frequent hand washing. • Clean and disinfect frequently touched surfaces daily. • Be alert for symptoms. 		<ul style="list-style-type: none"> • Avoid close contact, maintain more than 6 feet between yourself and people. • Wear a mask • Avoid touching the eyes, nose and mouth. • Cover cough and sneezes. • Frequent hand washing. • Clean and disinfect frequently touched surfaces daily. • Be alert for symptoms. 	