

HOW TO TELL IF YOU HAVE COVID-19 vs. the Flu



The flu nearly disappeared for two years during the COVID-19 pandemic. But health officials caution that increased flu cases may be returning this year in addition to COVID-19. The two combined are creating what some call a “**twindemic.**”

THE SPREAD IS DIFFERENT. Know the facts.



- For both COVID-19 and flu, one or more days can pass from when a person becomes infected to when they start to experience symptoms of illness
- Flu symptoms typically develop one to four days after infection
- Typically, a person may experience COVID-19 symptoms anywhere from two to five days, and up to 14 days after infection

GET VACCINATED TO PROTECT yourself and others

All community members **six months and older** should get their flu shot now for protection through the flu season.



- It takes two weeks after getting the shot for the antibodies that protect against the flu to fully develop
- The CDC recommends getting it before the end of October for the most protection
- The COVID and flu vaccines can be given at once

Sick? Know the difference between COVID and Flu



The Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. **Both viruses can cause:**

- Change in or loss of taste or smell (although this is more frequent with COVID-19)
- Diarrhea (more frequent in children with flu, but can occur in any age with COVID-19)
- Fever or feeling feverish/having chills
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Headache
- Vomiting
- Cough
- Muscle pain or body aches
- Runny or stuffy nose



Not sure if you have the flu or COVID-19?
Talk to your doctor and get tested if necessary.



For more health tips, visit BuckeyeHealthPlan.com/Flu

