

IS IT THE **FLU** OR **COVID-19**?

Because both the flu and COVID-19 affect the respiratory system, it can be difficult to determine which you have if you start to feel sick. Learn more about common symptoms of each illness below.

Flu Symptoms typically come on suddenly and include:	Fever or chills Cough Sore throat Runny or stuffy nose	Muscle or body aches Headaches Fatigue
COVID-19 Symptoms can appear two to 14 days following exposure to COVID-19 and include:	Fever or chills Cough Shortness of breath or difficulty breathing Fatigue Muscle or body aches	Headache New loss of taste or smell Sore throat Congestion or runny nose Nausea or vomiting Diarrhea

What should I do if I think I have the flu or COVID-19?

Because there is some overlap between the symptoms, it may be difficult to determine whether you have the flu or COVID-19 without being tested. As such, if you believe you have the flu or COVID-19, please call your doctor and explain your symptoms *before* going to a facility to seek care.

How can I protect myself from the flu or COVID-19?

In addition to getting a COVID-19 vaccine and annual flu shot, you should practice social distancing, wear a face mask or covering, frequently wash your hands, avoid touching your face, avoid large crowds, and clean and disinfect frequently touched surfaces to protect yourself from the flu or COVID-19.

