

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



The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. It can be hard to tell the difference between the two based on your symptoms. **Know the signs and symptoms of each based on what we know today from the Centers for Disease Control and Prevention.**

## COVID-19 AND FLU

- Headache
- Fatigue (tiredness)
- Change in or loss of taste or smell, although this is more frequent with COVID-19.
- Muscle or body aches
- Runny or stuffy nose
- Sore throat
- Cough
- Chills
- Fever or feeling feverish
- Shortness of breath or difficulty breathing
- Vomiting and diarrhea



## COVID-19

- Generally more contagious than flu
- Symptoms may take up to 14 days after infection to appear

## THE FLU

- Symptoms typically appear 1-4 days after infection



## Help Stop the Spread

Both flu and COVID-19 can be spread before symptoms appear. The viruses are most often spread by coughing, sneezing or talking, physical human contact (e.g. shaking hands) or by touching a surface that has the virus on it and then touching the eyes, nose and mouth.

**Not sure if it's flu or COVID-19?**  
Talk to your doctor and get tested if necessary.

## Prevent the spread of these viruses by:

- Getting vaccinated against COVID-19 and the seasonal flu
- Washing your hands often
- Staying home if you feel sick
- Covering coughs and sneezes
- Cleaning and sanitizing surfaces often
- Avoiding touching your eyes, nose and mouth



For more health tips, visit [BuckeyeHealthPlan.com](https://BuckeyeHealthPlan.com)

C. (2021, June 07). Similarities and Differences between Flu and COVID-19.  
From <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm> BHP-MM-092821

