



September 2021



ARE YOU FLU READY? Take time to get a flu vaccine

What is the difference between Influenza (Flu) and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019, and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu. However, as more people become fully vaccinated against COVID-19, the spread of the virus that causes COVID-19 should slow down. More information about COVID-19 vaccines and how well they work.

Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms and people can be contagious for longer. More information about differences between flu and COVID-19 is available in the different sections below.

Because some of the symptoms of flu, COVID-19, and other respiratory illnesses are similar, the difference between them cannot be made based on symptoms alone. Testing is needed to tell what the illness is and to confirm a diagnosis. People can be infected with both flu and the virus that causes COVID-19 at the same time and have symptoms of both influenza and COVID-19.

While more is learned every day about COVID-19 and the virus that causes it, there are still things, such as post-COVID conditions, that are unknown.

IS IT THE FLU OR COVID-19?			
SYMPTOM	FLU	COVID-19	
FEVER	✓	✓	
FATIGUE	✓	✓	
COUGH	✓	✓	
SORE THROAT	✓	✓	
HEADACHES	✓	✓	
RUNNY NOSE	✓	✓	
SHORTNESS OF BREATH	✓	✓	
BODY ACHES	✓	✓	
DIARRHEA AND/OR VOMITING	✓	✓	
ONSET	1-4 days after infection	About 5 days after infection (and can range from 2-14 days)	
LOSS OF TASTE AND/OR SMELL		✓	
RED, SWOLLEN EYES*		✓	
SKIN RASHES*		✓	

*EMERGING SYMPTOMS BASED ON RECENT DATA

5 Ways to Fight the Flu

Get your flu shot

As a member, you can get a flu shot at **no cost** at our facilities or our flu shot clinics.

The flu shot is the best way to protect yourself. It's safe, effective, and it targets this year's viruses.

Visit kp.org/flu for more information.

- Don't touch your face
- Stay home if you're sick
- Wash your hands
- Stay home if you're sick

Staying healthy this winter

Make sure everyone knows:

- About taking masks to work areas
- About teaching children and family members to please
- How and when to properly wash hands
- How and when to wear a mask
- When to go to the doctor
- When to cough and sneeze with your elbow
- When to get include information, eg. flu shot, antibodies or blood
- To clean alcohol-based hand sanitizer by touching palms and maintaining a connection with group

Influenza Vaccine information can be found at :
<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf>