



Similarities and Differences Between Flu and COVID-19

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. They have some of the same signs and symptoms, so testing is needed to confirm diagnosis.

Flu

Symptoms Appear

- 1-4 days after infection



Contagious

- About 1 day before symptoms appear
- If they are symptomatic
- For the first 3-4 days of illness

Complications

- Most people recover on their own
- Bacterial infections



Similarities

Symptoms

- Fever or chills
- Cough
- Shortness of breath
- Tiredness
- Sore throat
- Runny or stuffy nose
- Headache
- Muscle pain or body aches
- Vomiting
- Diarrhea
- Change/loss of taste or smell

Possible Severe Illness and Complications

- Sepsis
- Pneumonia
- Respiratory Failure
- Multi-Organ Failure
- Secondary Infections
- Cardiac Injury

Those at Highest Risk

- Older adults
- People with certain underlying medical conditions
- People who are pregnant

FDA-Approved Vaccines Available

COVID-19

Symptoms Appear

- 2-5 days, and up to 14 days, after infection

Contagious

- About 2-3 days before symptoms appear
- With or without symptoms
- Up to 8 days after symptoms begin



Complications

- Blood clots in the veins and arteries of the lungs, heart, legs or brain
- Multisystem Inflammatory Syndrome
- Long COVID

For more information or to file a grievance, please contact:

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