

Don't wait, **VACCINATE!**



It's more important than ever to get a flu shot

This fall and winter, the Centers for Disease Control and Prevention (CDC) believes it's likely that both flu viruses and the virus that causes COVID-19 will spread. That is why getting a flu vaccine will be more important than ever. The CDC recommends that all people 6 months and older get a yearly flu vaccine.

- Influenza and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses.
- Symptoms of flu and COVID-19 are similar so it may be hard to tell the difference between them based on symptoms alone. Testing may be needed to help confirm a diagnosis.
- It is possible to have the flu (as well as other respiratory illnesses) and COVID-19 at the same time.

This table compares COVID-19 and flu symptoms, given the best available information to date:

	COVID-19	Influenza (flu)
Approved treatments	Supportive medical care; currently no drugs approved by the FDA	Supportive medical care; prescription antiviral drugs
Cough	Usually, often dry	Usually, and often severe
Fever or chills	Often	Often
Headache	Sometimes	Often
Length of symptoms	7-25 days	7-14 days
Loss of taste or smell	Sometimes	Sometimes
Muscle aches	Sometimes	Usually
Runny/stuffy nose	Sometimes	Often
Shortness of breath	Sometimes	Rare
Sneezing	Rare	Sometimes
Sore throat	Sometimes	Sometimes
Tiredness and weakness	Sometimes	Sometimes
Vaccine available	No	Yes
Vomiting and diarrhea	Sometimes	Sometimes (more common in children)
When symptoms appear after exposure	2-14 days	1-4 days

Source: Centers for Disease Control and Prevention

If you have any of these symptoms, please call your doctor. Mercyhealth Virtual Visit now is also available. For more information, visit mercyhealthsystem.org or mercyhealthvirtualvisits.org.

