

To serve, protect, and promote a healthy community for all.



**HEALTH DEPARTMENT**  
Caring today for a healthy tomorrow

**BULLETIN BITS**

KENT COUNTY COVID-19 CHURCH TASK FORCE  
[HTTPS://WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS.HTM](https://www.accesskent.com/health/coronavirus.htm)  
WEEK OF DECEMBER 6, 2020 EDITION

## 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. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone. Testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. There is a vaccine to protect against the flu. A COVID-19 vaccine is expected to be available mid-December 2020 but the initial distribution across the United States will be limited. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available in the different sections below.

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While more is learned every day, a lot is still unknown about COVID-19 and the virus that causes it. This page compares COVID-19 and flu, given the best available information to date.

## Signs and Symptoms

### Similarities:

The signs and symptoms of COVID-19 and the flu can vary ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults



For more information on the differences between COVID-19 and the Flu please visit:

[HTTPS://WWW.CDC.GOV/FLU/SYMPTOMS/FLU-VS-COVID19.HTM](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm)

### Differences:

- The flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

Click here to view Flu Symptoms

- COVID-19 seems to cause more serious illnesses in some people. Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

Click here to view COVID-19 Symptoms