

Comparing Flu vs. COVID-19

Influenza (the flu) and COVID-19 are both respiratory illnesses that can affect your lungs and spread easily. The two illnesses are caused by different viruses. COVID-19 is caused by a coronavirus called SARS-CoV-2, while influenza is caused by influenza A and B viruses.¹

Signs and symptoms

According to the Centers for Disease Control and Prevention (CDC), both the flu and COVID-19 may include these symptoms:

- Cough
- Fatigue (tiredness)
- Fever or feeling feverish/ having chills
- Headache
- Muscle pain or body aches
- Runny or stuffy nose
- Shortness of breath or difficulty breathing
- Sore throat
- Vomiting and diarrhea

How the flu and COVID-19 virus spread

You can get infected from a virus if you:

- Are close to an infected person who coughs, sneezes, talks or laughs.
- Touch a surface that has been infected by a virus and then you touch your eyes or nose.

Help protect yourself from flu and COVID-19

Though you can get the flu all year round, it is most common in the fall and winter. Your best option to protect yourself and loved ones is to get both a flu and COVID-19 vaccine. Here are some tips to stay healthy this season:

- If you're feeling ill, keep your distance from others and avoid close contact with those who may have COVID-19 or the flu.
- Wash your hands often to prevent the spread of the virus.
- Cover your mouth.



Where can I go for more information?

Visit [cdc.gov](https://www.cdc.gov) to learn more about comparisons between the flu and COVID-19 vaccine.

¹ Similarities and Differences between Flu and COVID-19. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm> Accessed August 16, 2022.