

COVID-19 and the Flu

What to know about COVID-19 and the flu



Symptoms of COVID-19 and the flu can be similar. If you are experiencing any emergency warning signs, such as trouble breathing, bluish lips or face, persistent pain or pressure in the chest, new confusion or inability to wake/stay awake, seek emergency medical care immediately.

Flu	COVID-19
Fever	Fever or chills
Cough	Cough
Sore throat	Sore throat
Runny or stuffy nose	Runny or stuffy nose
Muscle or body aches	Muscle or body aches
Headaches	Headaches
Fatigue	Fatigue
	Shortness of breath or difficulty breathing
	New loss of taste or smell
	Nausea or vomiting
	Diarrhea

COVID-19 and the flu are caused by different viruses, but are spread in similar ways. The best ways to protect yourself from getting sick are:

- Get your flu shot now. Flu shots are recommended for everyone over the age of 6 months.
- Wear a face covering and keep 6 feet distance from those not in your household. Limit contact with people you don't live with.
- Wash hands frequently.

If you are sick with the flu:

- Stay home and away from others for at least 7 days after illness onset OR
- At least 24 hours after fever respiratory symptoms resolve, whichever is longer.

If you test positive for COVID-19 AND have symptoms:

- Stay home until after at least 10 days have passed since symptoms started AND
- At least 24 hours have passed since you have stopped having a fever without using medications AND
- Other symptoms have improved.

If you test positive for COVID-19 with NO symptoms:

- Stay home until after 10 days have passed since your positive test.



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

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