

THE FLU

COVID-19

COMMON SYMPTOMS

- Shivering
- Muscle ache
- Headache
- Abrupt onset of fever
- Dry cough⁽⁴⁾

- Fever
- Tiredness
- Dry cough⁽²⁾

THOSE MOST AT RISK

- Pregnant women⁽⁵⁾
- The elderly⁽⁵⁾
- Children younger than 5 years⁽⁵⁾
- People with chronic health conditions⁽⁵⁾
- Healthcare workers

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- Elderly residents of long-term care facilities & nursing homes⁽⁶⁾
- People with pre-existing medical conditions⁽⁶⁾

INCUBATION PERIOD

(exposure to symptoms showing)

About 2 days but can range from 1 to 4 days⁽⁵⁾

Commonly 5 to 6 days but can range from 1 to 14 days⁽²⁾

HOW IT'S SPREAD

Can survive for 24-48 hours on plastic and stainless steel, less than 8-12 hours on cloth, paper, and tissues⁽⁷⁾

Can survive for up to 72 hours on plastic and stainless steel, <4 hours on copper and <24 hours on cardboard⁽³⁾

From person to person via small droplets from the nose and mouth of a sick person⁽³⁾

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From someone touching a contaminated object then touching their eyes, nose or mouth with a contaminated hand⁽²⁾⁽⁵⁾

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WHO CAN TRANSMIT IT?

Both symptomatic and asymptomatic people⁽⁸⁾

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PREVENTION

- Get the flu vaccine every year⁽⁵⁾
- Avoid close contact with sick people⁽⁵⁾
- Cover your cough with a tissue, then discard it and wash your hands⁽⁵⁾
- Avoid touching your eyes, nose and mouth⁽⁵⁾
- Self-isolate if feverish and having other symptoms⁽⁵⁾
- Wash your hands thoroughly and regularly⁽⁵⁾

- Wash your hands frequently and thoroughly⁽²⁾
- Avoid touching your eyes, mouth and nose⁽²⁾
- Maintain a distance of at least 1 metre from others⁽²⁾
- Self-isolate, even with minor symptoms⁽²⁾
- Cover your cough with the bend of the elbow or use a tissue, then discard it immediately and wash your hands⁽²⁾
- Avoid going to crowded places⁽²⁾

POTENTIAL COMPLICATIONS

Bronchitis, pneumonia, brain infections and generalised infections⁽⁴⁾

Difficulty breathing⁽²⁾, cardiovascular (heart) conditions, kidney injuries and neurological complications⁽⁸⁾

PREVENTATIVE MEDICINES

60 years
Safe and effective vaccines are available and have been used for more than 60 years⁽⁹⁾

None⁽²⁾

We don't have a vaccine to help prevent COVID-19, but we do have one to help prevent the flu.

Have you had your flu shot?



Sources
 (1) <https://www.euro.who.int/en/health-topics/communicable-diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>
 (2) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>
 (3) <https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19---3-march-2020>
 (4) <https://www.ecdc.europa.eu/en/seasonal-influenza/facts/questions-and-answers-seasonal-influenza>
 (5) [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal))
 (6) <https://www.ecdc.europa.eu/en/covid-19/latest-evidence/epidemiology>
 (7) <https://pubmed.ncbi.nlm.nih.gov/6282993/>
 (8) https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/663694/Greenbook_chapter_19_Influenza.pdf
 (9) <https://www.ecdc.europa.eu/en/covid-19/latest-evidence/clinical>