

COVID-19 THE FLU







Abrupt onset of fever



ache

Headache



Dry cough(4)



SYMPTOMS

THOSE

MOST

AT RISK





cough (2)



Tiredness







elderly (5)





The

People with chronic

health conditions (5)



workers (6)



of long-term care facilities & nursing homes (6)

medical conditions (6)







0-0-0-0-

exposure to symptoms showing

INCUBATION

PERIOD



from 1 to 14 days (2)



cloth, paper, and tissues (7)



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



HOW



<4 hours on copper and <24 hours on cardboard (3)



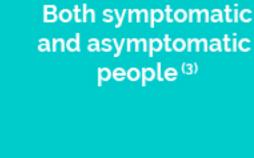
and mouth of a sick person (3)





Both symptomatic









Get the flu vaccine every year (5)



then discard it

and wash your hands (5)

with a tissue,

Self-isolate if feverish



and having other symptoms (5)

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



Avoid close contact with sick people (5)







Wash your hands frequently and thoroughly (2)



Maintain a distance

symptoms (2)

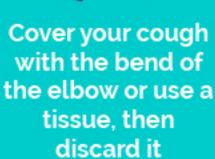
Self-isolate,

even with minor



Avoid going to crowded

places (2)



immediately and

wash your hands (2)



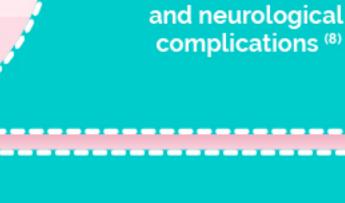


POTENTIAL

COMPLICATIONS

PREVENTATIVE

MEDICINES



Difficulty breathing (2),

cardiovascular (heart)

conditions, kidney injuries



Sources

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?



None (2)

(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

(4) https://www.ecdc.europa.eu/en/seasonal-influenza/facts/questions-and-answers-seasonal-influenza

https://www.euro.who.int/en/health-topics/communicable-diseases/influenza/seasonal-influenza/burden-of-influenza

(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



(5) https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)