COVID-19 vs. Influenza

Influenza (the flu) and COVID-19, the illness caused by the pandemic coronavirus, are both contagious respiratory illnesses, meaning they affect your lungs and breathing and can be spread to others. Although the symptoms of COVID-19 and the flu can look similar, the two illnesses are caused by different viruses. Lisa Maragakis, M.D., M.P.H., senior director of infection prevention at Johns Hopkins, explains how the flu and COVID-19 are similar and how they are different.

Symptoms.
- Both illnesses can cause fever, cough, body aches, and sometimes vomiting and diarrhea (especially in children).
- Both flu and COVID-19 can be mild or severe, or even fatal in rare cases.

How It Spreads.
- Both the flu and COVID-19 spread in similar ways. Droplets or smaller virus particles from a sick person can transmit the virus to other people nearby. The smallest particles may linger in the air, and another person can inhale them and become infected.
- People infected with the coronavirus or the flu may not realize they are sick for several days, and during that time can unknowingly spread the disease to others before they even feel sick.

Treatment.
- Neither the flu nor COVID-19 is treatable with antibiotics, which only work on bacterial infections.
- Both are treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization, and very ill patients may need a ventilator — a machine that helps them breathe.

Prevention.
- Serious disease and death due to COVID-19 or the flu can be prevented by vaccines. Read more here.
- Additional Resource: Centers for Disease Control and Prevention (CDC): Similarities and Differences between Flu and COVID-19

According to the CDC, influenza and COVID-19 vaccines can be administered at the same visit, without regard to timing. If you’re due for both vaccines, your medical is encouraged to offer both vaccines at the same visit. You can get a flu shot at your local CVS, Walgreens, Publix, and additional locations here. To learn where you can get a COVID-19 vaccine, click here.


Suncoast COVID-19 Stats
Week of September 27, 2021

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>7 Day Rolling Ave. of Daily New Cases</th>
<th>A Population &gt; 12 with at Least One Vaccination Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlotte</td>
<td>59</td>
<td>last wk: 114</td>
</tr>
<tr>
<td>DeSoto</td>
<td>16</td>
<td>last wk: 31</td>
</tr>
<tr>
<td>Manatee</td>
<td>162</td>
<td>last wk: 216</td>
</tr>
<tr>
<td>Sarasota</td>
<td>144</td>
<td>last wk: 207</td>
</tr>
</tbody>
</table>

COVID-19 is not going away any time soon. Recently, cases in Southwest Florida and the four county region have spiked as a result of the delta variant. Encourage your family, friends, stakeholders, clients, and others to get vaccinated. Getting vaccinated is the best protection against the variants, including delta.

CONTACT US

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Cheri Coryea at:

CCoryea@thepattersonfoundation.org

#COVID19
@ThePattersonFdn

Reminder:
The flu season typically runs from October to May. Learn what preventative steps you can take to prevent the flu here.