



SUNCOAST

AMPLIFYING WHAT WORKS  
COVID-19 RESPONSE

Charlotte  
DeSoto  
Manatee  
Sarasota

Through the COVID-19 Response initiative at The Patterson Foundation, this weekly Amplify communication aims to weave together what works in each of the counties for a healthier and more thriving Suncoast. You're receiving this message because you've been identified as a community advocate, and we hope you'll share these stories and messages far and wide in your network.

### 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

**Additional Resource:** [Centers for Disease Control and Prevention \(CDC\): Similarities and Differences between Flu and COVID-19](#)



#### DID YOU KNOW?

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](#).

<http://www.floridahealth.gov/diseases-and-conditions/influenza/florida-influenza-surveillance-report-archive/index.html>

#### Reminder:

The flu season typically runs from October to May. Learn what preventative steps you can take to prevent the flu [here](#).

Graphic:

	COVID-19	Flu
Fever/chills	✓	✓
Cough	✓	✓
Body Aches/Headache	✓	✓
Tiredness	✓	✓
Loss of taste/smell	✓	✗
Runny/stuffy nose	⊖	⊖
Sore throat	⊖	⊖
Shortness of breath	✓	⊖
Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.
Onset of symptoms	Later (2-14 days after infection)	Earlier (1-4 days after infection)
Cause	SARS-CoV-2	Influenza viruses

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### Suncoast COVID-19 Stats Week of September 27, 2021

COUNTY	7 Day Rolling Ave. of Daily New Cases	A Population ^12 with at Least One Vaccination Dose
Charlotte	59 🟢 last wk: 114	72% 😞
DeSoto	16 🟢 last wk: 31	56% 🟢
Manatee	162 🟢 last wk: 216	67% 🟢
Sarasota	144 🟢 last wk: 207	75% 😞

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:

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#COVID19  
@ThePattersonFdn

