

# FLU VS. COVID-19

## Panhandle Health District



**Public Health**  
Prevent. Promote. Protect.  
Panhandle Health District

### INFLUENZA (FLU)

#### Symptoms

**Abrupt Onset of Symptoms & Symptoms range from mild to severe**

Flu infections commonly cause these symptoms:  
Fever, Fatigue, Cough; Aches & Pains; Headaches

#### Transmission

##### Direct Contact

Through respiratory droplets from an infected person or from objects that have respiratory droplets from an infected person (doorknobs, tables, etc)

Children often the first to be infected.

#### Treatment

##### Antivirals

Influenza may be treated with antivirals

#### Prevention

##### Vaccine

Everyday precautions are effective against both influenza and COVID-19 such as washing hands with soap and water for at least 20 seconds, coughing or sneezing into your elbow or tissue, avoiding touching your face, staying home when sick, and disinfecting commonly touched surfaces/objects

#### Mortality Ratio

**0.1%**

Since we have a vaccine for influenza, we are unable to witness how many more people may be infected with influenza because we have reduced the number of people that are susceptible to illness.

### Coronavirus (COVID-19)

#### Symptoms

**Abrupt Onset of Symptoms & Symptoms range from mild to severe**

COVID-19 commonly causes these symptoms:  
Fever, Cough, Shortness of Breath

#### Transmission

##### Direct Contact

Through respiratory droplets from an infected person or from objects that have respiratory droplets from an infected person (doorknobs, tables, etc)

Mainly infecting adults.

#### Treatment

##### Not available yet

There are currently no FDA-approved treatments for COVID-19.

#### Prevention

##### On-going Research

There is ongoing research for a COVID-19 vaccine, but it is unlikely it will be available in upcoming months. It is still possible to get a flu shot to prevent influenza infection or reduce the severity of illness in those who get vaccinated but still get sick.

#### Mortality Ratio

**3-4%**

More needs to be known about COVID-19 before we can estimate the true mortality ratio. Once we have a better account of true infections, the mortality ratio could turn out to be much smaller.