

INFECTION PREVENTION FOR COVID-19 AND INFLUENZA INFLUENZA CHECKLIST

With the winter months and Holidays approaching, we all need to develop strategies for these challenging times. Being prepared and knowing what to watch for are very important. This year it is especially important to remember we are also experiencing flu season in the midst of the struggle against COVID-19.

There are many similarities between these two illnesses, but a few differences about COVID-19 are:

- It spreads easier than the flu
- COVID-19 causes more severe symptoms in some people than the flu
- COVID-19 causes additional symptoms such as loss of taste or smell
- People take longer to feel sick
- Complications may include blood clots
- While vaccines are being developed, none are approved at this time

Knowing how to protect yourself and family, and what to do if symptoms arise, are imperative. Below are a few things to keep in mind about **the flu**.

How does it spread?

- Infected droplets in the air from coughing, sneezing, or talking
- Surfaces infected from coughing, sneezing, or talking

How will I feel?

- Fever/chills (not all experience)
- Cough
- Sore Throat
- Runny/stuffy nose
- Headaches
- Fatigue/Tiredness
- Vomiting/Diarrhea (more common in children)

When will I have symptoms?

- One to four days from encountering infected person or surfaces
- On average, people begin to feel ill two days after being exposed

What can I do?

- Get a flu vaccine for yourself and anyone in your household over six months old
- Wash your hands after
- Use alcohol-based hand sanitizer frequently

Stock up on:

- Hand soap
- Alcohol-based hand sanitizer (make sure 60-95% alcohol)
- Household disinfectants (check EPA for approved products)
- Tissues

What to do if I get sick?

- Mild symptoms can be treated with rest, fluids, and over-the-counter medications
- Contact your doctor with concerning symptoms

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When should I seek treatment?

- Let your doctor or healthcare provider know immediately if you are at high risk. High risk includes:
 - Young children
 - Adults 65 years or older
 - Pregnant women
 - Anyone with other medical problems such as COPD, asthma, diabetes, or heart disease
- If you or family member have any of the following seek immediate medical attention:
 - Difficulty breathing/bluish lips or face
 - Returning fever or cough
 - Seizures
 - Temperature over 104 F
 - Little or no urination
 - Decreased alertness
 - Chest pain

References

- <https://www.cdc.gov/flu/about/keyfacts.htm#preventingflu>
- <https://www.cdc.gov/flu/treatment/index.html>