Symptoms of COVID-19 and Influenza (the Flu) can be similar. If you are experiencing any emergency warning signs, such as trouble breathing, bluish lips or face, persistent pain or pressure in the chest, new confusion or inability to wake/stay awake, seek emergency medical care immediately.

COVID-19 and the Flu are caused by different viruses but are spread in similar ways. The best ways to protect yourself from getting sick are to:

• Get vaccinated against COVID-19 and the Flu—you can receive both vaccines at the same time.
• Wear a face covering and keep a 6-foot distance from people who do not live in your household.
• Wash hands frequently with soap and water for at least 20 seconds; if unavailable, use hand sanitizer.

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COVID</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever/Chills</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cough</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Body Aches/Headache</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tiredness</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Loss of Taste/Smell</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Runny/Stuffy Nose</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

If you are sick with the flu, stay home and away from others until after:

- At least 24 hours have passed since you stopped having a fever, without use of fever-reducing medication; OR
- At least 4-5 days have passed since illness onset if no fever.

If you test positive for COVID-19 AND have symptoms, stay home until after:

- At least 10 days have passed since your symptoms started; AND
- At least 24 hours have passed since you stopped having a fever, without use of fever-reducing medication; AND
- All other symptoms have improved.

If you test positive for COVID-19 without symptoms, stay home until after:

- At least 10 days have passed since your positive test.

SYMPTOMS

If you are sick with the flu, stay home and away from others until after:

- At least 24 hours have passed since you stopped having a fever, without use of fever-reducing medication; OR
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If you test positive for COVID-19 AND have symptoms, stay home until after:

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- All other symptoms have improved.

If you test positive for COVID-19 without symptoms, stay home until after:

- At least 10 days have passed since your positive test.