

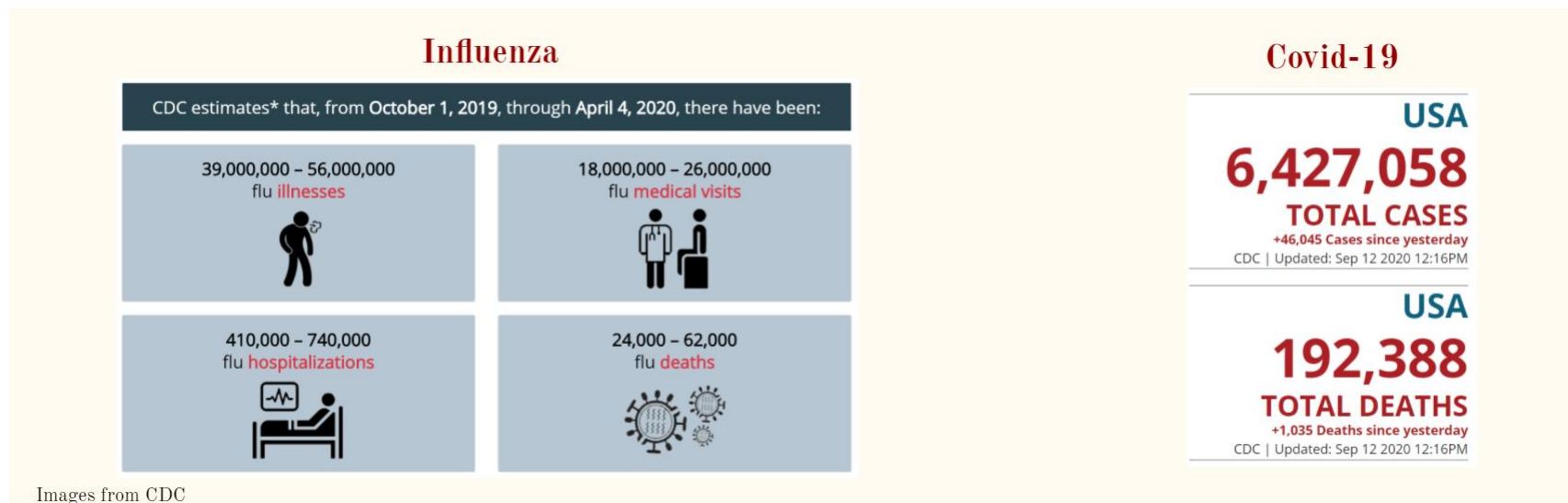
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Educating Patients on Flu Shot Importance in the Covid-19 Era

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WHAT'S THE DIFFERENCE BETWEEN COVID-19 AND THE SEASONAL FLU VIRUS?

- COVID-19 is a type of **coronavirus**, whereas the “flu” is caused by **influenza virus**
- Despite there being **far more cases of influenza** each year, Covid-19 has caused significantly more deaths!



SIGNS AND SYMPTOMS:

- **Similarities:**
 - Both viruses have a varying degree of symptoms ranging from asymptomatic to severe
 - **Common symptoms shared by Covid-19 and the flu are:**
 - Fever or feeling feverish/chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue (tiredness)
 - Sore throat
 - Runny or stuffy nose
 - Muscle pain or body aches
 - Headache
 - Some people may have vomiting and diarrhea, though this is more common in children than adults
- **Differences:** Covid-19 can cause a loss of taste and/or smell

OTHER DIFFERENCES

- If a person has Covid-19, it can take them **longer to develop symptoms** than if they had the flu virus (which take 1-4 days after being infected)
- For both Covid-19 and the flu, it's possible to spread the virus for at least 1 day before experiencing symptoms, however, persons infected with Covid-19 may be **contagious for a longer total period of time** than if they had flu
- Both viruses spread in similar ways (mainly respiratory droplets and contaminated surfaces), however, Covid-19 has been shown to be more contagious in certain populations

WHAT HAPPENS IF I GET BOTH VIRUSES?

- It is possible to get infected with both viruses
- Covid-19 has significantly worse outcomes in patients with **pre-existing** co-morbidities => Getting influenza virus can create a similar **pre-existing** state of vulnerability, leading to a severe infection with Covid-19; if you are someone with a pre-existing condition, the effect could be even worse
- If co-infection were to occur, you would also be at increased risk of *additional “superimposed” infections* such as pneumonia, further complicating your recovery.

HOW TO PROTECT YOURSELF:

- **GET A FLU SHOT!** Avoiding a double-infection (Covid-19 + Flu virus) is critical
- **Continue practicing good hygiene and wearing masks!** This will help protect you from both the flu and Covid-19. As the weather gets colder, we will be forced to spend more time indoors, where both viruses can spread much easier.
- **Call your doctor immediately if you experience any symptoms**
- Remember! A loss of taste or smell is much more likely to be Covid-19