

# IS IT THE **FLU** OR **COVID-19**?

Because both the flu and COVID-19 affect the respiratory system, it can be difficult to determine which you have if you start to feel sick. Learn more about common symptoms of each illness below.

## Flu

Symptoms typically come on suddenly and include:

**Fever or chills**  
**Cough**  
**Sore throat**  
**Runny or stuffy nose**

**Muscle or body aches**  
**Headaches**  
**Fatigue**

## COVID-19

Symptoms can appear two to 14 days following exposure to COVID-19 and include:

**Fever or chills**  
**Cough**  
**Shortness of breath or difficulty breathing**  
**Fatigue**  
**Muscle or body aches**

**Headache**  
**New loss of taste or smell**  
**Sore throat**  
**Congestion or runny nose**  
**Nausea or vomiting**  
**Diarrhea**

### What should I do if I think I have the flu or COVID-19?

Because there is some overlap between the symptoms, it may be difficult to determine whether you have the flu or COVID-19 without being tested. As such, if you believe you have the flu or COVID-19, please call your doctor and explain your symptoms *before* going to a facility to seek care.

### How can I protect myself from the flu or COVID-19?

In addition to getting the annual flu vaccine, you should practice social distancing, wear a face mask or covering, frequently wash your hands, avoid touching your face, avoid large crowds, and clean and disinfect frequently touched surfaces to protect yourself from the flu or COVID-19.