**CARRIE'S COVID Q & A**

**Question:** Can I get a flu shot at the same time as a Covid-19 vaccination?

**Answer:** Yes, as we enter the fall and winter seasons, health officials encourage everyone to get vaccinated against the flu in addition to getting vaccinated against COVID-19. Whether people are getting their first, second or booster shot of the COVID-19 vaccine, it is still ok to get the flu shot at the same time. Remember, it is important to talk with a medical professional about any questions or concerns you may have about flu, COVID-19 and any other vaccinations.

Source: Wisconsin Department of Wisconsin Health Services

# Preparing for the flu season During COVID-19

*It is important to get your flu vaccine because the flu and coronavirus may be circulating at the same time and cause similar symptoms.*

- The flu vaccine doesn't protect you from COVID-19. But the flu vaccine could reduce flu symptoms that could be confused with COVID-19 symptoms.

- COVID-19 seems to spread more easily than flu. However, as more people become fully vaccinated against COVID-19, the spread of the virus that causes COVID-19 should slow down.

- Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms and people can be contagious for longer.

- For both COVID-19 and flu, 1 or more days can pass between when a person becomes infected and when he or she starts to experience illness symptoms. If a person has COVID-19, it could take them longer to experience symptoms than if they had flu.

- With the flu, a person experiences symptoms anywhere from 1 to 4 days after infection.

- Typically with COVID-19, a person experiences symptoms about 5 days after being infected, but symptoms can appear 2 to 14 days after infection.

Source: cdc.gov

Monica's 60 Minute

# COVID-19 vs. flu

- If you have signs or symptoms of COVID-19, it's important that you contact your doctor or clinic right away for medical advice. But COVID-19, the common cold, seasonal allergies and the flu (influenza) cause many similar symptoms.

- Both COVID-19 and the common cold are caused by viruses. COVID-19 is caused by SARS-CoV-2, while the common cold is most often caused by rhinoviruses. These viruses spread in similar ways and cause many of the same signs and symptoms.

## SYMPTOM CHECKER
### COVID-19, Flu, Cold & Allergies

| Symptom | COVID-19 | Flu | Cold | Allergies |
|---|---|---|---|---|
| Fever | Common | Common | Rare | No |
| Cough | Common | Common | Common | Sometimes |
| New loss of smell/taste | Common | Rare | Sometimes | Sometimes |
| Shortness of breath | Sometimes | Rare | No | Common |
| Headaches | Common | Common | Rare | Rare |
| Muscle aches/pains | Sometimes | Common | Sometimes | No |
| Sore throat | Common | Common | Common | Sometimes |
| Fatigue | Common | Common | Sometimes | Sometimes |
| Chills | Sometimes | Common | Sometimes | No |
| Diarrhea/vomiting | Sometimes | Sometimes (in children) | No | No |
| Swollen fingers/toes | Rare | No | No | No |
| Runny nose | Sometimes | Sometimes | Common | Common |
| Sneezing | Rare | Sometimes | Common | Common |
| Itchy eyes/nose/mouth | No | No | No | Common |
| Skin rash | Rare | Rare | Rare | Rare |
| Chest pain/discomfort | Rare | Common | Common | Rare |

Source: COVID Symptom Study, CDC, Mayo Clinic, NIH

### How to tell if it's
## CORONAVIRUS

GUIDE: ✓ Common  ● Sometimes/Rarely  ✗ No

| SYMPTOM | COVID-19 | COMMON COLD | FLU | ALLERGIES |
|---|---|---|---|---|
| Fever | ✓ | ● | ✓ | ● |
| Dry cough | ✓ | ● | ✓ | ● |
| Shortness of breath | ✓ | ✗ | ✗ | ✓ |
| Headaches | ● | ● | ✓ | ● |
| Aches and pains | ● | ✓ | ✓ | ✗ |
| Runny nose | ● | ✓ | ● | ✓ |
| Sore throat | ● | ✓ | ✓ | ✗ |
| Fatigue | ● | ● | ✓ | ● |
| Diarrhea | ● | ✗ | ● | ✗ |
| Sneezing | ✗ | ✓ | ✗ | ✓ |

*Sources: mayoclinic.org & houstonmethodist.org*

## TODAY'S LITTLE CHUCKLE

There were 10 cats on a boat.

One jumped off, how many were left?

None, they were all Copy Cats!