Allegany COUNTY New York

DEPARTMENT OF HEALTH

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TO: **All Media Sources**
FROM: **Theresa K. Moore, Supervising Public Health Educator/Public Information Officer**
RE: **Similarities and Differences between Influenza (Flu) and COVID-19**
DATE: **December 8, 2020**

The following is a news release. Please release this information as soon as possible. Thank you for your assistance and cooperation. If you have any questions, please send the request in writing to me at mooretk@alleganyco.com or by fax at 585-268-9264.

News Release: Similarities and Differences between Influenza (Flu) and COVID-19

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection from the novel coronavirus (called SARS-CoV-2), and flu is caused by infection with influenza viruses. There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two. This chart compares symptoms of COVID-19 and flu.

Symptoms	Influenza	COVID-19
Sneezing	Rare	Rare
Loss of taste and smell	Never	Sometimes
Shortness of breath	Rare	Often
Congestion	Sometimes	Rare
Sore throat	Sometimes	Sometimes
Diarrhea/nausea/vomiting	Sometimes *	Sometimes
Body ache	Often	Sometimes
Headache	Often	Sometimes
Fever/chills/shivers	Often	Often
Cough	Often	Often
Fatigue	Often	Often

***More common in children**
Source CDC; WHO

If you or a member of your household has symptoms of COVID-19, please contact your healthcare provider or the Allegany County Department of Health at 585-268-9250.

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Public Health
Prevent. Promote. Protect.