



COVID-19 VS INFLUENZA

WHAT IS A CORONAVIRUS?

According to the World Health Organization, a coronavirus is a type of virus that is transmitted from animals to humans. When a new strain first infects humans, it is known as a “novel coronavirus.” Other famous illnesses caused by coronaviruses include Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19, first discovered in 2019, is a novel coronavirus.

HOW IS THE FLU DIFFERENT?

Both COVID-19 and the flu cause similar symptoms but the flu is caused by different strains of influenza viruses, whereas COVID-19 is caused by a single virus. The biggest difference between the two seems to be that COVID-19 may be able to be transmitted through cold air, even after the ill person is no longer near. The flu, on the other hand, typically requires closer contact, through a sneeze or talking.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of Breath

COMMON SYMPTOMS OF INFLUENZA

- Fever
- Chills
- Cough
- Sore Throat
- Runny/Stuffy Nose
- Muscle/Body Aches
- Headaches
- Fatigue
- Vomiting
- Diarrhea

PROTECT YOURSELF

Wash your hands often with soap and water for at least 20 seconds. Remember to wash the backs of your hands and under your nails. Stay at least 3 feet from someone who is coughing or sneezing and avoid touching your eyes, nose and mouth. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Stay informed and follow advice given by your healthcare provider.

NUMBER OF ILLNESSES

COVID-19
110 THOUSAND
 GLOBALLY, ABOUT 550 TOTAL
 CONFIRMED CASES IN THE US

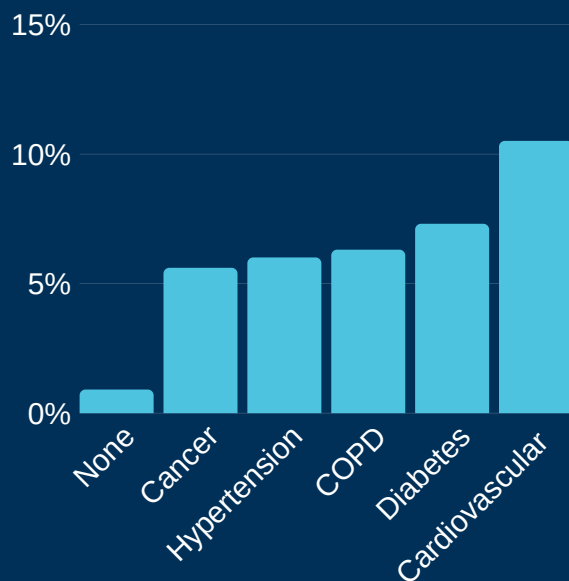
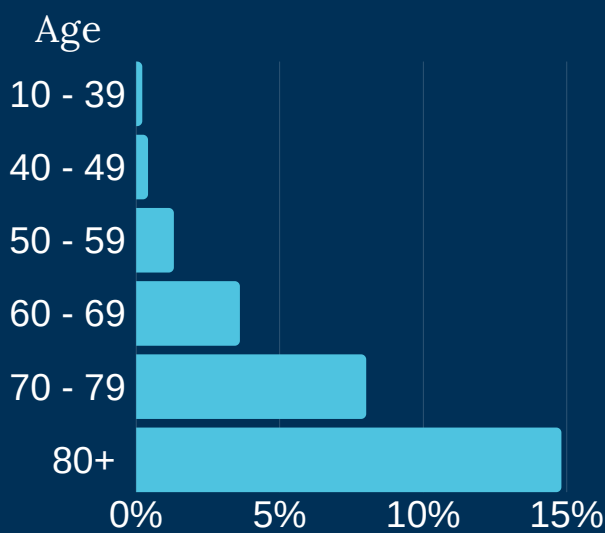
INFLUENZA
1 BILLION
 GLOBALLY, ABOUT 35 MILLION
 IN THE US

3,893
 DEATHS CAUSED BY COVID-19

290,000 - 650,000
 DEATHS CAUSED BY THE FLU

Globally as of March 9, 2020
 Influenza estimate is a global average each year

DEATH RATE BY FACTOR



Summary

While scientists are racing to learn more about this novel coronavirus, most indications are that the flu continues to be a far greater threat than COVID-19. Still COVID-19 does appear to have a higher death rate overall and it is recommended to avoid making yourself vulnerable to the disease.