Abbottswood Medical Centre

by Dr. Awais Pandhiani GP Registrar

FLU and COVID FACTS

COVID-19 is generally more contagious than flu viruses and can quickly & easily spread to a lot of people in a short time.

Common symptoms that COVID-19 & FLU share include:

- High Temperature
- New Cough
- Difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle or body ache
- Headache
- Vomiting or diarrhoea
- Change in or loss of taste or smell, although this is more common with COVID-19

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

COVID-19 and FLU vaccine are two different vaccines. If you only had COVID-19 vaccine, it does not protect you from FLU and similarly, if you had FLU vaccine only, it does not protect you from getting COVID-19.

Coronavirus (COVID-19) vaccine and FLU vaccine saves lives. If you need more information, please refer to www.nhs.uk.

What is the difference 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 with a coronavirus first identified in 2019, and flu is caused by infection with influenza viruses.

When do symptoms appear after exposure & infection?

Influenza (flu): a person experiences symptoms anywhere from **1 to 4 days after infection**.

COVID-19: a person experiences symptoms about **5 days after being infected**, but symptoms can appear **2 to 14 days after infection**. Some people show no symptoms and are silent carriers.

How does it spread?

COVID-19 and flu viruses are thought to spread via droplets from coughing, sneezing, talking, & touching (for example, shaking hands with someone who has the virus on their hands) or by touching a surface or object that has virus on it, and then touching their own mouth, nose, or eyes.

Who is at high risk of severe illness?

- Older adults
- People with certain underlying medical conditions
- Pregnant ladies

What are the approved treatments for Influenza (Flu) and COVID-19?

- Influenza (FLU): FLU Vaccine
- COVID-19: Coronavirus (COVID-19) Vaccine

The coronavirus (COVID-19) vaccines are safe and effective. They give you the best protection against COVID-19. The COVID-19 vaccines currently available in the UK are given in 2 doses. The COVID-19 vaccines currently approved for use in the UK are:

- Moderna vaccine
- Oxford/AstraZeneca vaccine
- Pfizer/BioNTech vaccine
- Janssen vaccine (available later this year)

What will happen if I don't want to have the COVID-19 vaccine and FLU vaccine?

If you get FLU and COVID-19 infection at the same time, research shows that you are more likely to be seriously ill requiring hospital admission. There is a strong possibility that these viruses can cause death. Hence, book your FLU and COVID jabs at as soon as possible.