

STAY INFORMED. STAY PROTECTED.

Tips to help protect everyone from flu during the pandemic.

As we continue taking measures to protect ourselves from the pandemic, it's important to stay vigilant against other illnesses like influenza, also known as the flu. More of us are likely to get flu this winter because we've been unable to build up a natural immunity to it during the COVID-19 pandemic.¹

Stay informed on how we can help protect each other with these helpful tips.



1 Get the flu vaccine and COVID-19 vaccine

Vaccines offer the best protection from the viruses. The recommended time to get vaccinated against flu is in the autumn before flu season begins, when the vaccine becomes available.



2 Keep up the healthy habits

All the basics still apply for the flu and COVID-19

- › **Wash hands** often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
- › **Cover nose and mouth** with a tissue when coughing and bin used tissues as quickly as possible.
- › **Clean objects and surfaces** that may be contaminated.
- › **Wear a mask** when out in public.
- › **Avoid touching eyes, nose and mouth.**
- › **Avoid** visiting **crowded places.**
- › Maintain a **minimum distance of 6 feet (2 metres)** from others, especially if their health or vaccination status is not known.
- › **Drink water** to stay hydrated.
- › **Get enough sleep.**

Together, all the way.SM





3 Be aware of your symptoms

Even though the flu and COVID-19 are caused by different viruses, they are both considered respiratory illnesses. That's why they have many similar symptoms and can sometimes be difficult to tell apart.

It's therefore important not to make a judgement on symptoms alone and to get tested to confirm a diagnosis, if needed.

COVID-19 and flu symptoms

SHARED SYMPTOMS

- › **Body or muscle aches**
- › **Cough**
- › **Fever**
- › **Fatigue**
- › **Sore throat**
- › **Headache**
- › **Runny or stuffy nose**
- › **Shortness of breath or difficulty breathing**
- › **Vomiting**
- › **Diarrhea**

COVID-19 SYMPTOMS

- › **Change or loss of taste or smell**
- › **Repeated shaking and chills**

For more information about the differences between flu and COVID-19, visit the [Centers for Disease Control and Prevention website](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm).

1 Similarities and Differences between Flu and COVID-19. CDC. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>. Updated June 7, 2021. Accessed 10 September 2021..