

DO I HAVE THE FLU, COVID-19 OR A COLD?

The symptoms can be very similar and vary by person.



	COVID-19	FLU	COLD
Rapid Onset	X	X	
Cough	X	X	X
Aches & Pains	X	X	X
Fatigue	X	X	X
Sneezing		X	X
Sore Throat	X	X	X
Headache	X	X	X
Stuffy Nose	X	X	X
Fever	X	X	X
Diarrhea	X	X	
Nausea / Vomiting	X	X	
Loss of Taste / Smell	X		X
Pink Eye	X		

A QUICK FLU FACT

If the flu is treated within the first 48 hours of symptoms it can potentially lessen the severity and duration of the flu.

HOW TO PREVENT THE SPREAD OF THE FLU



Get the flu shot.

A flu shot is safe, effective and is the single best way to help protect yourself and your family from the flu.



Wash your hands.

If soap and water are not available, use a hand sanitizer.



Do the elbow cough.

Cough into elbows, not hands where it's more likely to spread bacteria and viruses through touch.



Since the virus and the vaccine changes every year, it is important to get an annual vaccination.

GET A FLU TEST!

If you think you have the flu, a pharmacist can perform an influenza test within 48 hours of symptom onset to find out whether the illness is the flu. If positive, the pharmacist will dispense medication to help treat the flu, helping you get better faster and may also prevent serious complications. If you have any questions, always consult your physician.



All about Flu Symptoms and Complications:

<https://www.cdc.gov/flu/symptoms/symptoms.htm>



Protecting those you love from the flu:

familiesfightingflu.org/



It's important to know!

Ask your pharmacist about how you can be tested for influenza at this pharmacy location.



WHY TEST FOR THE FLU?

Most people who have the flu will recover in a few days to two weeks, but some people can develop life-threatening complications (such as pneumonia) as a result of the flu.

Anyone can get the flu (even healthy people) and serious complications from influenza can happen at any age. Some people are at a higher risk of developing complications from influenza:

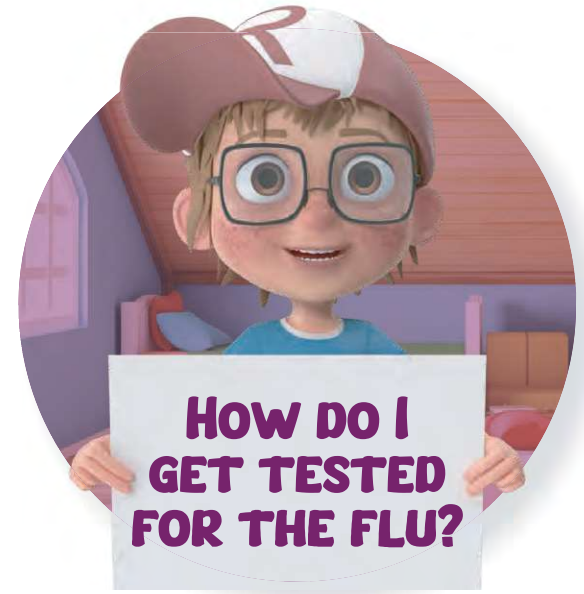
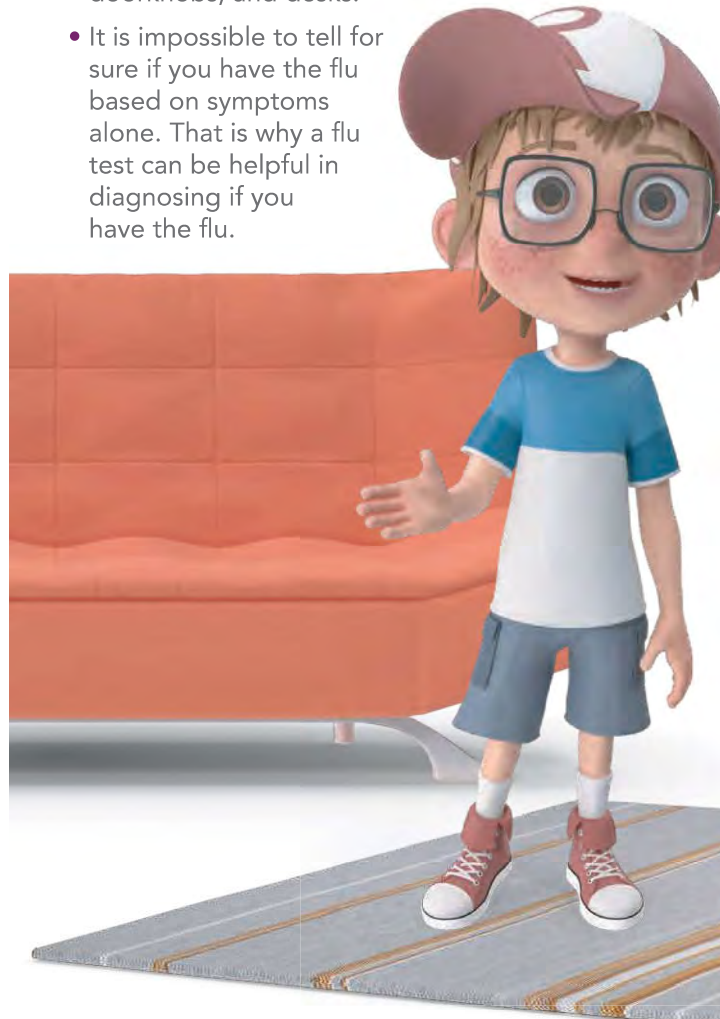
- Children younger than 5 but especially children younger than 2 years old
- Women who are pregnant (and 2 weeks postpartum)
- Adults 65 years of age and older
- Residents of nursing homes and long-term care facilities
- People who are obese

People who have certain medical conditions are also at high risk. Those include:

- Asthma
- Neurological and neurodevelopmental conditions
- Chronic lung disease
- Heart disease
- Blood disorders
- Diabetes
- Kidney and Liver disorders
- People with weakened Immune systems


MORE FLU FACTS

- Influenza (the flu) is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in people (nose, throat and lungs).
- The influenza virus is passed along when you touch mucus droplets from someone else on a surface like a desk and then touch your own eyes, mouth, or nose.
- Viruses like the flu can live for two hours or longer on surfaces like cafeteria tables, doorknobs, and desks.
- It is impossible to tell for sure if you have the flu based on symptoms alone. That is why a flu test can be helpful in diagnosing if you have the flu.



The Influenza A+B Test is easy to administer - right here by the pharmacist.

To perform the test, the pharmacist will swab the inside of the nose of you or your family member(s).

 In 15 minutes or less, the results will show if the sample is Positive or Negative.

If you or a family member tests positive for the flu: Your pharmacist will dispense an antiviral that is prescribed under a physician's direction.

Important: Consult your physician if you have any questions.