

The Corona Virus and The Flu

HOW ARE THE CORONA VIRUS AND THE FLU SIMILAR?

How do you feel?

Influenza (The Flu) and COVID-19 (caused by the Corona Virus) both are Respiratory viruses that weaken the immune system which may lead to complications (Pneumonia) and even death in susceptible patients. Both cause fever, body aches, fatigue; and sometimes vomiting and diarrhea. Symptoms can be from mild to severe and in RARE cases fatal.

How is it spread?

The virus is spread from person to person through droplets in the air from an infected person coughing, sneezing or talking. COVID-19 might be able to be spread through the airborne route but this is yet to be proven. Flu can be spread by an infected person for several days before their symptoms appear, and COVID-19 is believed to be spread in the same manner, but we don't yet know for sure.

How do you treat it and prevent spreading it?

Neither virus is treatable with antibiotics, which only work on bacterial infections. and both may be treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and support such as mechanical ventilation. Prevention for both includes hygiene and isolation. Wash your hands thoroughly (Sing Happy Birthday 2 times), before you touch your face and If you touch your face wash your hands. Cough into your elbow, not your hand and limit your exposure to people who are infected. When you are sick stay home, rest, eat and hydrate as well as avoid contact with others.

HOW ARE THE FLU AND CORONA VIRUS DIFFERENT?

COVID-19 is caused by one virus (the Corona Virus). The flu is caused by any of several different types and strains of influenza viruses. While both are transmitted by air droplets, it is possible that COVID-19 air droplets may survive in the air even after the person is no longer there. Although most commonly people catch the virus by being in within about 6 feet of an infected person, when they sneeze, cough or talk.

Treatment with antiviral helps decrease risk of hospitalization in patient with influenza and antiviral medications are being tested in COVID-19 Patients. The Flu vaccine helps prevent catching the flu and they are currently working on one for COVID 19

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