

## - Influenza / Virus

# HOW TO TELL IF YOU HAVE FLU OR COVID!

## What all Americans NEED TO KNOW!

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WITH ever-emerging COVID-19 variants and breakthrough infections ravaging vaccinated Americans, doctors say it's more important than ever to know the symptoms of the dangerous coronavirus and how they differ from the flu!



Respiratory illnesses, such as influenza and the common cold, spike during the winter months, which may make it difficult to determine if body aches and sniffles are caused by COVID.

The diseases can share symptoms, such as fever, runny nose, sore throat, coughing and fatigue.

But experts say the biggest hallmark of COVID is the loss of taste and/or smell.

Signs of the flu emerge within one to four days of exposure, but COVID can have a longer incubation period of up to 14 days.

COVID-19 has killed more than 800,000 Americans, but medical professionals say most cases last two weeks.

However, some survivors report lasting issues — including brain fog, joint pain, headaches and sleep disorders.

The Centers for Disease

Control and Prevention says the flu usually resolves within three to seven days.

However, authorities advise vaccination is key to lessening the distressing symptoms of both illnesses.

“The whole point of the vaccine is that it makes the disease less severe,” says Massachusetts-based Dr. Manoj Gandhi.

“You get a muted response to the virus seeing a mild fever, maybe some weakness here and there.”

Gandhi insists testing is the only way to definitively determine what ails you.

“With one sample you can tell whether it’s COVID or influenza A or influenza B,” he says. “If it’s neither of them, you know it’s probably a cold.”