

Flu Prevention During Coronavirus Pandemic

Fall and winter months bring the flu season.

Here is what you need to know to protect you and your family from the flu and COVID-19.

FLU

Flu shot. A flu shot protects you and your family from the most common strains of the flu. Visit JHAH.com to find out where, when, and how to get your flu shot.



PREVENTION



Physical distancing, mask wearing, frequent hand washing helps to prevent COVID-19 and **also** protect against the flu.



SYMPTOMS

Flu and COVID-19

Flu and COVID-19 can have similar symptoms. **Call** a doctor or health care center if you have any of these symptoms:



- Stuffy or runny nose
- Cough
- Diarrhea
- Fever
- Headache

- Muscle or body aches
- Nausea or vomiting
- New fatigue/feeling tired or without energy

- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Sore throat



WHAT TO EXPECT



Fever and aches should end within five days. Coughing and fatigue can last about two weeks. Speak to your doctor if symptoms get worse. Severe cases may lead to hospitalization or death.

Some people may not experience any symptoms. For mild cases recovery can take up to two weeks, in severe COVID-19 cases recovery can be up to six weeks or more. COVID-19 may also lead to lasting organ damage, hospitalization, or death.



TREATMENT

Rest, a fever reducer, such as ibuprofen, and an antiviral medicine to reduce the amount of time you have the flu and prevent complications

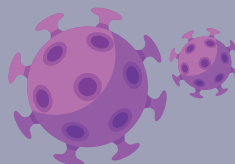


Mild cases: rest, fever reducers, and cough medicine.

Serious cases: hospitalization, breathing support with a ventilator or other therapies.

CAUSE

It is caused by several different influenza viruses that change each year. which is why there is a new vaccine each flu season.



This disease is caused by a coronavirus called SARS-CoV-2, which emerged in 2019

This year, the COVID-19 public health crisis means that avoiding an unnecessary hospital visit or inpatient stay due to the flu is more important than ever.

Sources: Dr. Jaffar Al-Tawfiq, Johns Hopkins Aramco Healthcare (JHAH); JHAH Marketing and Communications; Johns Hopkins Medicine, 2020.