

Cold vs Flu vs COVID-19

Know the Difference



State of Illinois
Illinois Department of Public Health

Signs and Symptoms	COLD	FLU	COVID-19
Symptom onset	Gradual	2 days	2-14 days
Body Aches	Slight	Common	Common
Cough	Common	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue/Weakness	Sometimes	Common	Common
Fever/Chills/Shaking	Rare	Common	Common
Loss of Taste or Smell	Never	Never	Sometimes
Shortness of breath or Difficulty Breathing	Rare	Common	Common
Stuffy nose	Common	Common	Rare
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Common
Headache	Rare	Common	Common

Remember Your Flu Shot



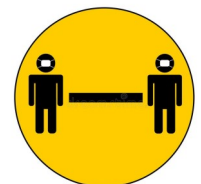
Flu Facts and Prevention

Remember the 3 Ws:

WASH your hands

WEAR your mask

WATCH your distance



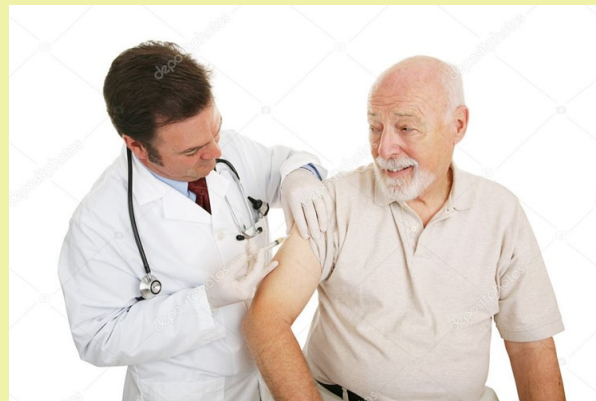
Questions? Call ECIAAA
(309) 829-2065 or email
aginginfo@eciaaa.org

Stop the Spread of COVID-19 for Older Adults 65 and Over

- ◇ Stay at home and avoid crowded places
- ◇ Make sure to have several weeks of medication and supplies
- ◇ Limit close contact with (sick) people
- ◇ Wash hands frequently (20 seconds)
- ◇ Practice 6 feet social distancing
- ◇ Clean frequently touched surfaces and objects daily

COVID-19 Outcomes of Older Adults Compared to 18-29 Age Group

- ◆ **Age**
 - ◆ # higher rate of hospitalization
 - ◆ # higher rate of deaths
- ◆ **65 to 74 years old**
 - ◆ 5 and 90
- ◆ **75 to 84 years old**
 - ◆ 8 and 220
- ◆ **85+ years old**
 - ◆ 13 and 630



What You Can Do

- ◇ Increase awareness about the importance and benefits of annual flu vaccinations; especially with older adults
- ◇ Promote flu prevention within your communities
- ◇ Promote, coordinate, or host flu vaccination clinics

References:

Illinois Department of Public Health
Illinois Department on Aging
National Foundation for Infectious Diseases
ValleyHealth