



CORONAVIRUS

(COVID - 19)

STANDARD OPERATING PROCEDURES

COVID-19, Flu and Cold Symptoms Comparison

PERSES



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Introduction

The convergence of the coronavirus pandemic and the annual flu season this autumn and winter has public-health officials on edge. This is referred to as “Twindemic”

What does “*twindemic*” mean?

Twindemic refers to the dual threat of a severe flu outbreak on top of the COVID-19 pandemic in the fall and winter of 2020.

This could potentially overwhelm hospitals, straining resources and health-care workers’ time.

Let’s not be complacent.

You don’t want to run the risk of getting both viruses together, as this will increase the risk of ending up in hospital and possibly being on a ventilator, so if you are invited to get a vaccination for Flu - get it. To find out more about the Flu vaccine [click here](#).

Similarities between COVID 19 and Flu

Both COVID 19 and Flu cause respiratory disease, which presents as a wide range of illnesses from asymptomatic or mild through to severe disease and death.

Secondly, both viruses are transmitted by contact, droplets, and fomites. As a result, the same public health measures, such as hand hygiene and good respiratory etiquette (coughing into your elbow or a tissue and immediately disposing of the tissue) and keeping your distance from others are important actions all can take to prevent infection.

Differences between COVID 19 and Flu

It can be difficult to tell the difference between flu symptoms and the warning signs of COVID-19 refer to the symptoms comparison table below for a detailed comparison. It should also be mentioned that studies and test are carried out as the days go on and it should be said that this table is current and up to date with the release of the this document.

Symptoms Comparison

Symptoms	Cold	Flu	COVID-19
Diarrhoea	No	Sometimes especially for children	Sometimes for children
Sneezing	Common	No	No
Sore Throat	Common	Sometimes	Sometimes
Runny Nose	Common	Sometimes	Rare
Pains and Aches	Common	Common	Sometimes
Headache	Rare	Common	Sometimes
Fatigue	Sometimes	Common	Sometimes
Loss of Taste/Smell	Sometimes	Rare	Sudden
Shortness of Breath	No	No	Sometimes
Cough	Mild	Common	Common
Fever	Rare	Common	Common