
COVID-19 vs. Influenza: What you should know

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Dear Team Members,

As we enter into winter months, there are many factors that could increase the risk of both COVID-19 and influenza (commonly known as the flu). People spend less time outdoors and there is also growing data demonstrating higher risk of spread of COVID-19 in indoor and poorly ventilated environments. Also, children returning to schools tend to escalate the spread of viral illnesses, including influenza and potentially COVID-19.

It is important to anticipate these risks and to remain vigilant with social distancing, mask and hygiene guidelines while at work (including during breaks) for the good of all employees and their families.

The best way to prevent influenza is to obtain a flu shot. The time-tested and safe influenza vaccine provides both protection against disease transmission and decreased severity of influenza. Common side effects include mild soreness at the injection site, nausea and chills. All healthy adults and children over the age of six months are advised to receive the influenza vaccine. This includes pregnant women and patients with compromised immune systems.

It can be difficult to tell whether you have COVID-19 or influenza since the symptoms are similar. You should not assume you have one or the other if you show symptoms such as a dry cough or fever. Consult with your doctor who may require both influenza and COVID-19 testing and provide guidance on how to minimize spread. Remember, do not come to work if you are sick and showing symptoms!

The Centers for Disease Control and Prevention is a great resource to review the [similarities and differences between the flu and COVID-19](#).

In all CoorsTek locations, details will be communicated locally regarding how flu shots are being offered or facilitated.

Please review the attached symptoms poster and place throughout your facility.

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