

Flu, Pneumonia and COVID-19 at a Glance

What is Influenza (the Flu)?

The flu is a highly contagious illness caused by an influenza virus. The influenza virus causes infections of the nose, throat, and lungs. It spreads easily by coughing, sneezing and direct contact with spit, phlegm or runny nose.

Symptoms

Flu symptoms usually come on quickly. It is important to stay home to avoid making others ill if you experience any of these symptoms.

NOTE

Contact your doctor or other healthcare provider if you believe you have the flu. To limit the spread of disease during the pandemic, it is important to contact your healthcare provider first by phone or online to make an appointment.

What is Pneumonia?

Pneumonia is swelling (inflammation) in one or both lungs that is usually caused by an infection. Many different germs can cause pneumonia, including bacteria, fungi and viruses (including influenza and COVID-19).

Pneumonia can be life-threatening. It's a leading cause of death and hospitalization among seniors and in people with long-term (chronic) diseases.

Symptoms

The signs and symptoms of pneumonia can range from mild to severe. It depends on your age, if you have other illnesses and what type of pneumonia you have.

What is COVID-19?

COVID-19 is an infectious disease caused by the novel coronavirus. Other types of coronavirus have caused diseases such as MERS and SARS. This respiratory illness is most often spread from person to person via droplets from the nose or mouth. It is also possible to get COVID-19 by coming into contact with surfaces that have the virus present.

Symptoms

Most people who contract COVID-19 will have mild symptoms, but some people will have more severe symptoms.

See next page for a list of symptoms.

What are the Symptoms and When to Seek Medical Help

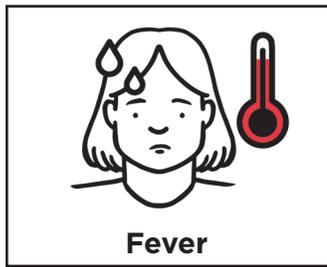
| Symptoms | Flu | Pneumonia | COVID-19 |
|---------------------------------|-----------------|-----------|---------------|
| Fever | Common | Common | Common |
| Cough | Common | Common | Common |
| Shortness of Breath | Possible/severe | Common | Common |
| Difficulty Breathing | Possible/severe | Unlikely | Common |
| Chills | Common | Unlikely | Possible |
| Fatigue/Weakness | Common | Common | Common |
| Muscle/Body Aches | Common | Unlikely | Possible |
| Loss of Taste/Smell | Unlikely | Unlikely | Possible |
| Headache | Unlikely | Unlikely | Possible |
| Stomach Ache/Diarrhea/Vomiting | Possible/severe | Unlikely | Possible |
| Sore Throat | Common | Unlikely | Possible |
| Loss of Appetite | Common | Unlikely | Unlikely |
| Runny Nose/Sneezing/Watery Eyes | Common | Unlikely | Unlikely |
| Phlegm/Mucus | Unlikely | Common | Unlikely |
| Chest Pain | Possible/severe | Common | Possible |
| Conjunctivitis | Unlikely | Unlikely | Possible/rare |
| Rash on Skin | Unlikely | Unlikely | Possible/rare |
| Discolouration of Fingers/Toes | Unlikely | Unlikely | Possible/rare |

There are also some severe flu symptoms in children and adults.

If you experience any of these, seek immediate medical attention.

| Symptoms | Child | Adult |
|--|-------|-------|
| Fast breathing, difficulty breathing, shortness of breath | ● | ● |
| Blue or grey skin colour | ● | |
| Pain or pressure in chest or stomach | | ● |
| Sudden dizziness | | ● |
| Blue or grey lips | ● | ● |
| Confusion | | ● |
| Dehydration (not peeing) | ● | ● |
| Unable to stop vomiting (throwing up) | ● | ● |
| Not waking up, not paying attention to anything | ● | |
| Crankiness | ● | |
| Seizures | ● | ● |
| Symptoms improve but then come back; cough is worse, fever | ● | ● |

Symptoms at a Glance for Adults



- Flu
- Pneumonia
- COVID-19



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- COVID-19



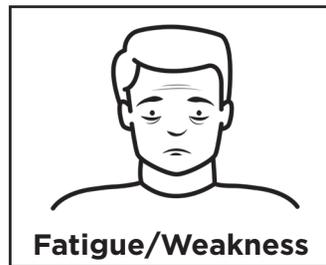
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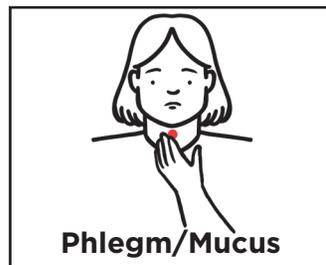
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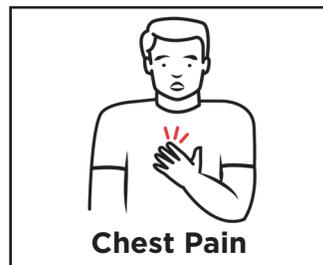
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How Can You Prevent Getting Sick?

Getting the annual flu shot, proper hand-washing and staying home when sick are all key in making sure you are as healthy as possible. The flu shot will not protect against COVID-19, but it will help reduce your risk of getting the flu and COVID-19 at the same time.

Get Your Annual Flu Shot



Wash Hands Frequently for at Least 20 Seconds



Stay at Home When Sick



Take These Preventative Measures

| | Flu | Pneumonia | COVID-19 |
|--|-----|-----------|----------|
| Get vaccinated. | ● | ● | |
| Wash your hands frequently and thoroughly for at least 20 seconds with warm water and soap. | ● | ● | ● |
| Avoid touching your eyes, mouth and nose. | ● | ● | ● |
| Stay away from others when you or when they are sick. | ● | ● | ● |
| Stay home from work, school or public places when sick. | ● | ● | ● |
| Cover your mouth and nose if you cough or sneeze with your elbow or a tissue. | ● | | ● |
| Throw away used tissues and wash your hands immediately. | ● | ● | ● |
| Avoid smoking. People who smoke are at a higher risk of pneumonia, as are children of parents who smoke. Smoking any kind of tobacco reduces lung capacity and increases the risk of many respiratory infections and can increase the severity of respiratory diseases. | | ● | ● |
| Do not share cups/eating utensils with people who are sick. | ● | ● | ● |
| Maintain distance of at least 6 feet (2 meters) from others. | | | ● |
| Wear an appropriately fitted face mask. | | | ● |

How to Use a Face Mask

Use Straps and Avoid Touching Mask When Putting it On or Taking it Off



Ensure There Are No Gaps at the Side of Your Mask



Ensure Mouth and Nose Are Completely Covered



Do Not Share Masks With Others



Wash Cotton Masks After Each Use



Throw Away Disposable Masks After Each Use



Wash Hands Using Warm Water & Soap for at Least 20 Seconds After Each Use



What are Vaccines and Why are They Important?

Vaccinations protect you as well as those around you. Vaccines help your immune system to recognize and fight bacteria and viruses that cause diseases, such as the flu and pneumonia – and hopefully soon – COVID-19.

There are different ways in which a vaccine can do this. Some vaccines introduce a weakened virus or an inactivated virus into the cells, while other vaccines create a copy of the virus or introduce an empty “shell” without a virus inside it. No matter which approach a vaccine uses, the vaccine itself will not cause the illness or disease it is preventing, but it does provoke the same immune response the disease would have. Vaccines cause the body to use its own immunity to prevent an illness or disease.

The Flu

The influenza vaccine is called the flu shot. It is important to get a flu shot each “flu season” every year because the virus changes and, therefore, the vaccine changes. Everyone older than 6 months should receive the influenza vaccine once available. The exceptions are those who have experienced anaphylactic reactions to previous influenza vaccines or have developed Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza vaccination.

Several different flu vaccines are available for use in Canada and the one you receive may depend on where you live or where you are getting your shot.

Pneumonia

There are also vaccines available to help prevent bacterial pneumonia. This means pneumonia that was caused by a bacteria, rather than a virus. The pneumonia vaccine helps protect people against several strains of streptococcal pneumonia (‘strep’) bacteria that can cause bacterial pneumonia. There are two types of pneumonia vaccines available in Canada - Prevnar 13[®] and Pneumovax 23[®]. Depending on your age and health status, you may be able to receive one or both of these vaccines. Talk to your local public health nurse or doctor to see if you are eligible and how frequently the vaccine may be recommended for your health situation.

COVID-19

There are currently no vaccines available for the SARS-CoV-2 virus that causes COVID-19. However, there are a number of clinical trials worldwide, including Canada. Visit www.canada.ca for complete listing of current trials in Canada.¹

The flu vaccine does not protect against coronaviruses, but does help protect against the flu. The flu can make you more vulnerable to other infections, so it is a good idea to get the flu vaccine. Some people who have been infected with coronavirus may get “super infected”. This means they can get co-infected with influenza or could develop a bacterial pneumonia. For this reason, there are benefits to having both these vaccines.²

Note: The flu vaccine will not increase your risk of illness from coronavirus.³

¹ <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-clinical-trials/list-authorized-trials.html>

² <https://www.lung.ca/lung-health/lung-disease/covid-19-coronavirus/faqs>

³ <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

Did You Know? Immunization has saved more lives in Canada in the last 60 years than any other health measure.

What are the Treatments?

Most people with mild cases of either of the diseases can manage their conditions at home.

| Treatments | Flu | Pneumonia | COVID-19 |
|--|-----|-----------|----------|
| Stay at home | ● | ● | ● |
| Drink lots of fluids | ● | ● | ● |
| Rest | ● | ● | ● |
| Antibiotics (* for bacterial pneumonia only) | | ● * | |
| Over the-counter medication to help with headache, muscle aches and fever such as acetaminophen (for example, Tylenol®) or ibuprofen (for example, Advil®) | ● | | ● |
| Eat a nutritious diet | ● | ● | ● |

The Flu

Children and teenagers younger than 18 years of age who have chicken pox, cold or flu symptoms should not be given ASA (acetylsalicylic acid) products (for example, Aspirin®) before a doctor or pharmacist is consulted. Reye's Syndrome, a rare and potentially fatal illness is reported to be associated with ASA when used to treat chicken pox, cold or flu symptoms in children.¹ If you're not sure what to take, consult a doctor or pharmacist.

Take antiviral medication, if prescribed. Not everyone will be given antivirals because it is only recommended for people with severe illness, people who require hospitalization and people who are at high risk of complications.

Note: If you have asthma, follow the advice in your asthma action plan. If you have COPD, follow the advice in your COPD action plan. You may have to take extra medicine to control your symptoms. If it's hard to breathe or your rescue medicine isn't working, call 911 or your local emergency number.

Pneumonia

Some people with severe pneumonia will need to go to the hospital to have additional support of oxygen and medication intravenously. If you are prescribed antibiotics it is important to take the medicine as your doctor prescribes, even if you start to feel better. Do not take cough or cold medicine unless your doctor says it is okay.

If you have a milder pneumonia, you will usually begin to feel better within a few days or a week. If you have severe pneumonia, where you spend time in the hospital you may take a number of weeks to feel better.

People who have been admitted to the hospital with other medical conditions and develop pneumonia may become very ill and could require stronger antibiotics intravenously (IV).

Note: Antibiotics do not treat viral pneumonia. Some of the treatment of viral pneumonia may include drinking lots of fluids, corticosteroid medicine (to reduce inflammation), oxygen therapy and rest.

COVID-19

Currently, there are only treatments for COVID-19 available for those with severe disease who are in hospital. Clinical trials are underway to find both preventative and treatment medication for COVID-19. If you are concerned about your symptoms, contact your doctor.²

¹ <https://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2013/36303a-eng.php>

² <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>