Stay Informed. Stay Safe.
Stop the Spread.

Preparing for flu season during the COVID-19 pandemic

SENDERO
HEALTH PLANS

www.senderohealth.com | 1-844-800-4693

Know the Symptoms
Coronavirus vs. Flu vs. Allergies vs. Cold

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 (and even allergies or colds) are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. People infected with COVID-19 can also be asymptomatic (no symptoms).

Symptoms	COVID-19	FLU	ALLERGIES	COLD
Fever or feeling feverish/chills	X	X (not everyone with flu will have a fever)		
Cough	X	X	X	X (mild)
Shortness of breath or difficulty breathing	X	X		
Fatigue	X	X		X (sometimes)
Sore Throat	X	X		X
Runny or Stuffy Nose	X	X	X	X
Muscle Pain or body aches	X	X		X
Headache	X	X		X (rare)
Loss of taste or smell	X			
Nausea or vomiting	X	X		
Diarrhea (though this is more common in children than adults)	X	X		
Itchy eyes			X	
Sneezing			X	X

Flu and COVID-19 Similarities and Differences

Signs and Symptoms

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that COVID-19 and flu share include:

Cough

Fatigue

Fever or feeling feverish/chills

Headache

Shortness of breath or difficulty breathing

Runny or stuffy nose

Muscle pain or body aches

Vomiting and Diarrhea
more common in children than adults

How long symptoms appear after exposure and infection

COVID-19 **5** days after being infected*

VS

Flu **1-4** days after being infected

* symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary

How long someone can spread the virus

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms. If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

COVID-19

2 days before showing symptoms

and remain contagious for at least

10 days after signs or symptoms first appeared

If asymptomatic or if symptoms go away, it's possible to remain contagious for at least

10 days after testing positive for COVID-19

Flu

1 day before showing symptoms

Older children and adults are most contagious within

3-4 days of their initial illness

but many remain contagious for about

7 days of their illness

Infants and people with weakened immune systems can be contagious for even longer.

People at High-Risk for Severe Illness

Both COVID-19 and flu can result in severe illness and complications.

Those at highest risk include:

Older adults

Certain underlying medical conditions

Pregnant women

The risk of complications for healthy children is higher for flu compared to COVID-19. However, infants and children with underlying medical conditions are at increased risk for both flu and COVID-19. School-aged children infected with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C) than those not infected.

Should I get tested?

- Do you have symptoms?
- Have you had close contact (within 6 feet of a confirmed infected person for at least 15 minutes)?
- If your symptoms are very bad, call your doctor, go to a clinic or hospital, or call 911 immediately.
- If you are not sure, call your doctor. You can also use your ALWAYS FREE Telemedicine benefit through Sendero to consult with a physician for expert advice.

What if my test result is positive?

- Stay home. Do not leave your home, except to get medical care. Do not visit public areas.
- Wear a face mask if you cannot avoid being around other people in your home or in public
- Take care of yourself. Get rest and stay hydrated.
- Stay in touch with your doctor. Call before you get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- As much as possible, stay in a specific room and away from other people and pets in your home.
- Follow care instructions from your healthcare provider and local health department.

Look for emergency warning signs*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms.
Please call your medical provider for any other symptoms that are severe or concerning to you.

What if my test result is negative?

You probably were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself.
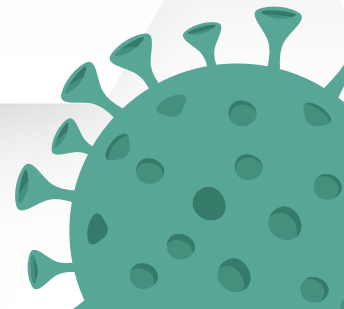
Approved Treatments

People at high-risk of complications or who have been hospitalized for COVID-19 or flu should receive supportive medical care to help relieve symptoms and complications.

COVID-19

The National Institutes of Health (NIH) has developed guidance on treatment of COVID-19, which will be regularly updated as new evidence on treatment options emerges. While remdesivir is an antiviral agent that is being explored as a treatment for COVID-19 and is available under an Emergency Use Authorization (EUA), there are currently no drugs or other therapeutics approved by the Food and Drug Administration (FDA) to prevent or treat COVID-19. Studies are in progress to learn more.

Flu

Prescription influenza antiviral medications like Tamiflu, Relenza, Rapivab, and Xofluza are FDA-approved to treat flu. People who are hospitalized with flu or at high-risk of flu complications with flu symptoms are recommended to be treated with antiviral drugs as soon as possible. Antiviral medications work best when administered within 48 hours of onset of flu symptoms, but they may still offer benefits when taken later. These medications may reduce the duration of flu and prevent severe flu complications.
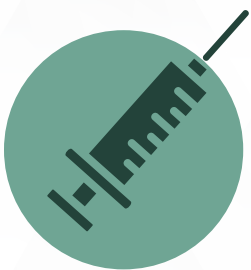
Vaccine

Vaccines for COVID-19 and flu must be approved or authorized for emergency use (EUA) by the FDA.

Flu

There are multiple FDA-licensed influenza vaccines produced annually to protect against the 3 or 4 flu viruses that scientists anticipate will circulate each year.

COVID-19

Currently there is no vaccine to prevent COVID-19. Vaccine developers and other researchers and manufacturers are expediting the development of a vaccine to prevent COVID-19.

TAKE 3 ACTIONS TO FIGHT FLU

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect yourself. Protect your family. Get vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU

#FIGHT FLU

CDC

COVID-19: How to Protect Yourself and Others

Accessible Version: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread virus.
  - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

Cover your mouth and nose with a cloth face cover when around others

- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face covering in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
    - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others.** The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant**. You can see a list of EPA-registered household disinfectants here.
 https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-

cdc.gov/coronavirus

PANDEMICS CAN BE STRESSFUL

If you are experiencing a crisis, please call the
Sendero Crisis Hotline at 1-855-765-9696 immediately.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.
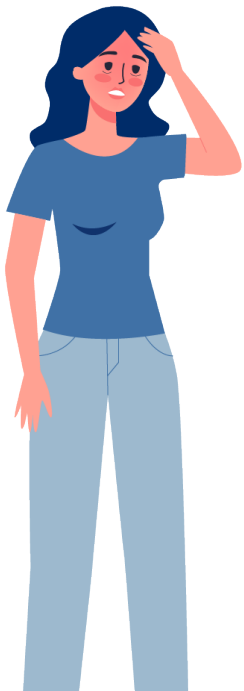
Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

TAKE CARE OF YOUR MENTAL HEALTH

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

GET IMMEDIATE HELP IN A CRISIS

Sendero Crisis Hotline:
1-855-765-9696

National Suicide Prevention Lifeline:
1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish.

National Domestic Violence Hotline:
1-800-799-7233 or text LOVEIS to 22522

National Child Abuse Hotline:
1-800-4AChild (1-800-422-4453) or text 1-800-422-4453

National Sexual Assault Hotline:
1-800-656-HOPE (4673) o Chat en linea

The Eldercare Locator:
1-800-677-1116

Veteran's Crisis Line:
1-800-273-TALK (8255) or text: 8388255