

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER September 2020



What is the difference between Influenza (Flu) and COVID-19?

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 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. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

Signs and Symptoms

Similarities:

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:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

Differences:

Flu-Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

COVID-19-Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure and infection

Similarities:

For both COVID-19 and flu, 1 or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

Differences:

If a person has COVID-19, it could take them longer to develop symptoms than if they had flu.

Flu-Typically, a person develops symptoms anywhere from 1 to 4 days after infection.

COVID-19-Typically, a person develops symptoms 5 days after being infected, but 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

Similarities:

For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Differences:

If a person has COVID-19, they may be contagious for a longer period of time than if they had flu.

Flu-Most people with flu are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days.

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

COVID-19-*How long someone can spread the virus that causes COVID-19 is still under investigation.*

It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

National Food Safety Education Month



Every year, an estimated 1 in 6 Americans (48 million people) get sick and 3,000 die from eating contaminated food.

Protect Yourself From Food Poisoning:

- Wash your hands, utensils, and surfaces often when you cook.
- Use a food thermometer to make sure foods are cooked thoroughly, to an internal temperature that kills germs.
- Refrigerate leftovers and perishable foods such as meat, milk, cut produce, and eggs, within 2 hours.
- If you get food or groceries delivered, use a food thermometer to make sure food arrives at a safe temperature. If perishable foods are above 40°F, notify the company and don't eat them.
- Rinse fruits and vegetables in running water before eating or cooking, and scrub uncut, firm produce such as cucumbers or potatoes with a clean brush. Don't use soap, bleach, other disinfectants, or chemicals on fresh fruits and vegetables.

Child Passenger Safety Week Sept. 20-26



NHTSA recommends keeping children rear-facing as long as possible, up to the top height or weight limit allowed by the particular seat. Once a child outgrows the rear-facing car seat, the next step is a forward-facing car seat with a harness and a tether. When your child exceeds the weight or height limits for their forward-facing car seat, it may be time for a booster seat. This should be the next step before a child is ready to wear an adult seat belt alone. Call our car seat technician if you have questions.

Parenting Tips

Front Row

My desk is in the first two rows
that's just beneath the teacher's nose
Her eyes are on me, just like glue.

She watches everything I do.

I raise my hand. I seldom speak.

I swear I am the perfect geek.

I wish I was row four or five,
and then I'd really come alive.

I'd throw some spit balls, pass some notes.

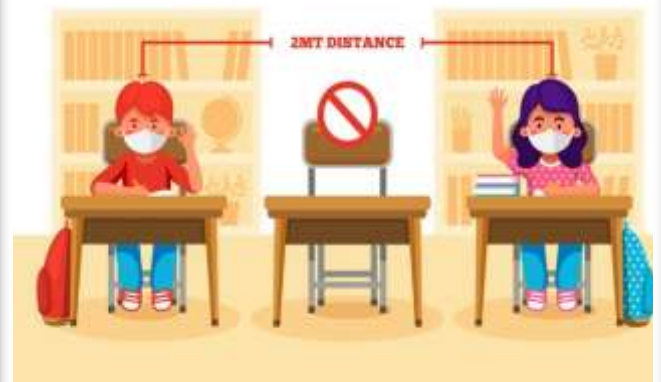
I'd really get the teacher's goat.

I'd make them laugh. I'd be a ham.

I like to joke. That's who I am.

My teacher knows -- and what I fear

Is that is why she keeps me near.



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