

**FLU OR COVID? IT CAN BE HARD TO TELL**  
**Carol Nwelue, MD, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

OCTOBER OFTEN MARKS THE ONSET OF FLU SEASON IN THE U.S. ... SO, AS CASES BEGIN TO PICK UP, HOW CAN YOU TELL IF YOU HAVE COVID, OR THE FLU?

{\*\*TAKE VO\*\*}

THE SHORT ANSWER... IS ... IT CAN BE HARD TO TELL WITHOUT TESTING,... SINCE SYMPTOMS CAN MIMIC ONE ANOTHER ... INCLUDING HEADACHE... FEVER ... CONGESTION AND COUGH.  
BUT INTERNAL MEDICINE PHYSICIAN CAROL NWELUE (UH-WAY-LUH-WAY) SAYS THERE CAN BE ONE IMPORTANT CLUE.

{\*\*TAKE SOT\*\*}

Carol Nwelue, MD  
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TRT: 19

One difference that we do see, though, is the onset of symptoms. With the flu, usually within two to three days of coming into contact with someone with the flu, you will start to get these symptoms. Whereas with COVID, it can be anywhere from a couple of days to over a week out from when you've come in contact with someone who has COVID.

{\*\*ON CAM\*\*}

ACCORDING TO DATA FROM THE C-D-C ... THIS YEAR'S FLU SHOT IS A GOOD MATCH FOR THE CIRCULATING VARIANTS.  
THERE'S ALSO A NEW COVID BOOSTER BECOMING AVAILABLE ... SO, OPPORTUNITIES TO VACCINATE YOURSELF AGAINST BOTH ILLNESSES.