



One way that we can reduce these fears is by getting the flu vaccination. Unfortunately, it won't protect against the common cold or COVID-19, but it will greatly lower the risk of catching the flu which can also make us very ill and make us more susceptible to catching other viruses due to a weakened immune system. Getting the flu shot also lowers your risk of developing serious complications from the flu if you have other chronic health conditions.

An infectious diseases doctor at The John Hopkins Hospital in Baltimore states that many people who have been positive for COVID-19 have only experienced mild symptoms resembling a cold, but symptoms can also present like the flu, which is very concerning with the flu season upon us (Derrow et al., 2020)

Overall, getting your flu shot is doing your part in helping to protect yourself, and the people around you. It will also reduce the stress on health care facilities and hospitals, especially during the pandemic.

Please find below a comparison chart on the symptoms of allergies, colds, flu and COVID-19, this chart may help you with recognizing whether or not your symptoms are a common cold,

**WebMD**

## COLD vs. FLU vs. ALLERGIES vs. COVID-19

SYMPTOMS	COLD	FLU	ALLERGIES	COVID-19** <small>(can range from mild to serious)</small>
Fever	Rare	High (100-102°F), Can last 3-4 days	Never	Common
Headache	Rare	Intense	Uncommon	Can be present
General Aches, Pains	Slight	Usual, often severe	Never	Can be present
Fatigue, Weakness	Mild	Intense, can last up to 2-3 weeks	Sometimes	Can be present
Extreme Exhaustion	Never	Usual (starts early)	Never	Can be present
Stuffy/ Runny Nose	Common	Sometimes	Common	Has been reported
Sneezing	Usual	Sometimes	Usual	Has been reported
Sore Throat	Common	Common	Sometimes	Has been reported
Cough	Mild to moderate	Common, can become severe	Sometimes	Common
Shortness of Breath	Rare	Rare	Rare, except for those with allergic asthma	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases, CDC, WHO. \*\*Information is still evolving

which also isn't pleasant to have I might add!, or more severe symptoms such as the flu or worse, COVID-19.

Although there are currently clinical trials underway for a COVID-19 vaccination, there are still many steps in the research process to determine whether or not Health officials will deem a vaccination safe to administer to the public, so it may still be some time before vaccination is available. In the meantime, we must continue to be vigilant in wearing our masks, sanitizing and washing our hands, and practicing physical distancing as we have been over the last 9 months.

We have included some helpful links to websites that we invite you to take a look at as they are very informative and provide more in-depth education on the flu vaccination and symptom comparisons between allergies, cold, flu and Covid-19.

This link is Ontario's Covid-19 self-assessment that you can take at any time to help provide direction on what steps you should take next if you were to come in contact with someone with Covid-19 or if you develop any symptoms. It also provides information on downloading the Covid-19 App to your cell phone to help monitor if you have been exposed to anyone that may be positive while you are out in public spaces. [Self Assessment](#)

This Everyday Health website is another excellent source for education regarding distinguishing your symptoms, the flu

vaccination, and how the measures we have been taking to protect ourselves from Covid-19 also helps protect us from cold and flu viruses. [Everyday Health](#)

Check out this link from the McMaster Optimal Aging portal to learn more about the flu vaccination and the older adult. It also provides information about how vitamin c can help minimize symptoms of common colds if taken correctly. [Optimal Aging](#)

This article provides detailed information on how to distinguish between seasonal allergies, colds, flu, and Covid-19. [Allergies, Cold, Flu, or COVID?](#)

Check out the link below from the Government of Canada providing helpful facts about the flu vaccination. [Flu Shot Information](#)