



# NIFC COMMUNITY AWARENESS UPDATE



## NIFC COMMUNITY AWARENESS UPDATE 13/21 (12 Oct 21)

*(The Community Awareness Update provides general information to enable personnel to keep up-to-date with routine correspondence; it is not provided for mission-related items and does not replace the Emergency Messaging System.)*

### COVID OR FLU?:

**BLUF.** We are heading into **flu** season, and it is thought this one might be worse than last year due to a **lack of natural immunity**. And with **Covid-19** still circulating, it will be helpful to be able to tell the difference between **the virus and the flu**. Here's everything you need to know.

<b>What are the symptoms of flu?</b>	<p>The <b>NHS</b> says flu symptoms come on very quickly and can include:</p> <ul style="list-style-type: none"> <li>• A sudden high temperature of 38C or above.</li> <li>• An aching body.</li> <li>• Feeling tired or exhausted.</li> <li>• A dry cough.</li> <li>• A sore throat.</li> <li>• A headache.</li> <li>• Difficulty sleeping.</li> <li>• Loss of appetite.</li> <li>• Diarrhoea or tummy pain.</li> <li>• Feeling sick and being sick.</li> </ul> <p>Children can also get pain in their ear and appear less active.</p>
<b>What are the symptoms of Covid?</b>	<p>According to the NHS, the <b>symptoms of Covid-19 include:</b></p> <ul style="list-style-type: none"> <li>• <b>A high temperature</b> – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).</li> <li>• <b>A new, continuous cough</b> – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).</li> <li>• <b>A loss or change to your sense of smell or taste</b> – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.</li> </ul> <p>Current guidance on both the NHS and Government websites only advises free PCR tests for people with any one of these three common symptoms.</p> <p>The Centres for Disease Control and Prevention (CDC) in the US also signposts 13 common Covid symptoms for children including headaches.</p> <p>In addition to fever, dry cough and fatigue, <b>the World Health Organisation</b> highlights a further 10 less common symptoms, including headaches.</p>
<b>How do I tell the difference?</b>	<p>Although both are contagious respiratory illnesses, Covid and the flu are caused by different viruses. Covid is caused by a type of coronavirus and flu by an influenza virus. One of the main differences is that it's unusual for the flu to cause a loss or</p>

**Is it an emergency? Call 999**

If it is not life threatening: Call 101 for the Civil Police; Call 111 for the NHS.

If you want to report a concern anonymously, you can report it via the Crimestoppers website or via their hotline on: 0800 555 111.

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change to your sense of taste and smell, which can happen with Covid-19 – although this seems to be less common with the Delta variant.

The CDC says: “Covid-19 seems to spread more easily than flu. However, as more people become fully vaccinated against Covid-19, the spread of the virus that causes Covid-19 should slow down. Compared to flu, Covid-19 can cause more serious illnesses in some people. Covid-19 can also take longer before people show symptoms and people can be contagious for longer. Because some of the symptoms of flu, Covid-19, and other respiratory illnesses are similar, the difference between them cannot be made based on symptoms alone. Testing is needed to tell what the illness is and to confirm a diagnosis. People can be infected with both flu and the virus that causes Covid-19 at the same time and have symptoms of both influenza and Covid-19.

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