

About the COVID-19 Infection and the Influenza

This winter, the COVID-19 infection and the influenza may occur at the same time. Both types of infections can be prevented if each and every one of us takes care of it.

Here are the differences between both infections and the "five situations" that increase the risk of infection.

◆ Differences between the COVID-19 Infection and the Flu

	COVID-19 Infection	The Flu
Symptoms	In addition to fever, you may develop symptoms of taste and smell disorders.	Although vaccination and other factors can vary degrees of symptoms, you often develop a high fever.
Incubation period	1 to 14 days (average 5.6 days)	1 to 2 days
Asymptomatic infection	A few percent to 60% Even in asymptomatic patients, the viral load is high and highly infectious.	10% In asymptomatic patients, the viral load is low.
Period of viral excretion	Viral genes are detectable for long periods of time, but the infectious viral excretion period is less than 10 days.	5 to 10 days (mostly 5 to 6 days)
Peak of viral excretion	Date of onset	2 to 3 days after the onset
Severity of disease	It can be a serious illness.	Mostly mild to moderate
Vaccines	Under Development*	Available, but their effectiveness varies by season

(Quoted from "In Preparation for This Winter's Flu and COVID-19" suggested by the Infectious Diseases Society of Japan)

*As of October 2020

◆ Five Situations that Increase the Risk of COVID-19 Infection

(Quoted from "The 12th Meeting of the Subcommittee on COVID-19 Infection Control")

1. Social gatherings with food and drink: The effects of alcohol consumption can make you less alert. Hearing is also dulled, and the risk of infection is increased by loud voices, drinking in turn from one cup, and sharing chopsticks.

2. Eating and drinking in large groups or for long periods of time: When eating and drinking in a group of 5 or more people, they are likely to become loud and their splashes are easier to fly.

3. Conversations without a mask: It increases the risk of droplet infection.

4. Living together in a small space: The risk of infection increases because the time of closeness is longer.

5. Switching of locations: Switching locations, such as during work breaks, can increase the risk of infection due to slackness of mind and changes in the environment.

Please continue to take preventive actions such as "**Avoidance of 3 Cs,**" "**Wearing masks,**" "**Ventilation (24-hour ventilation or 2-step ventilation*, etc.),**" "**Washing or disinfecting your hands,**" then welcome spring in good health!

* A method of ventilation in which an unused room window is opened to let the outside air in, and at the same time the door of the room being used is opened to let the stagnant air out.

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