COVID-19 is much more contagious than the seasonal flu. It is spread quickly through a community that it overwhelms hospitals. Even if most people who contract COVID-19 have relatively mild symptoms, its rapid spread is a big deal. And for some people, the symptoms aren’t mild.

**FLU VS. COVID-19**

**SEASONAL FLU**

- Spread: Every 1 person carrying the flu virus passes it on to 1 other person (1:1)

**COVID-19**

- Low-impact scenario: Every 1 person carrying the coronavirus passes it on to 1.5 other people (2 people pass it to 3 people)
- High-impact scenario: Every 1 person carrying the coronavirus passes it on to 3.5 other people (2 people pass it to 7 people)

**Level 1**

- 1 person infected

**SEASONAL FLU**

- Level 2: 1 new person infected
- Level 3: 1 new person infected
- Level 4: 1 new person infected

**COVID-19**

- Low-impact scenario: Level 5: 1 new person infected
- Level 6: 1 new person infected
- Level 7: 1 new person infected

- High-impact scenario: Level 5: 1 new person infected
- Level 6: 1 new person infected
- Level 7: 1 new person infected

**Virus Spread Over 7 Levels of Contact**

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
<th>Level 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEASONAL FLU</strong></td>
<td>1</td>
<td>3</td>
<td>9</td>
<td>27</td>
<td>81</td>
<td>243</td>
<td>729</td>
</tr>
<tr>
<td><strong>COVID-19</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-impact</td>
<td>1</td>
<td>1.5</td>
<td>2.25</td>
<td>3.5</td>
<td>5.25</td>
<td>8</td>
<td>12</td>
</tr>
<tr>
<td>High-impact</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**HOSPITALIZATION RATES**

<table>
<thead>
<tr>
<th>Scenario</th>
<th>0.06%</th>
<th>12%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEASONAL FLU</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COVID-19</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DEATH RATES**

<table>
<thead>
<tr>
<th>Scenario</th>
<th>0.1% Death Rate</th>
<th>0.7% Death Rate</th>
<th>3.4% Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEASONAL FLU</strong></td>
<td>1 death</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COVID-19</strong></td>
<td></td>
<td>(low-end estimate)</td>
<td>(high-end estimate)</td>
</tr>
</tbody>
</table>

No one is immune. Not following recommended protective measures puts you and your loved ones at risk.

We can stop the spread. If a lot of people get sick at one time, we may not have enough hospital beds, ventilators, or other life-sustaining equipment.

We can stop COVID-19. You can help prevent the exponential spread of COVID-19. You can help prevent our hospitals from being overwhelmed. You can help save lives!

- Wash hands frequently
- Stay home as much as possible
- Wear masks in public
- Keep your distance
- Cover your coughs and sneezes
- Don’t touch your face

To learn more: Visit CarolineCOVID19.org

Sources: World Health Organization, Centers for Disease Control, New York Times

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