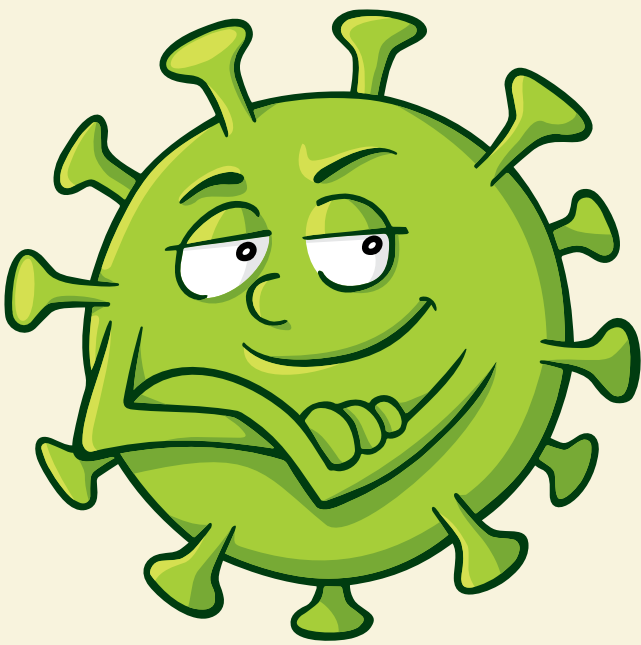


DON'T FORGET ABOUT COVID AND THE FLU!

FLU SEASON

THEY HAVEN'T FORGOTTEN ABOUT YOU.



1 Do I even need to worry about the flu anymore?

Yes! While COVID-19 can spread more easily and cause more severe illness, flu is still a serious concern for many people every year, especially older adults, pregnant people, children younger than 5 years old, and those with underlying medical conditions.

2 I got the COVID-19 vaccine, so I'm protected, right?



No! Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. That means that the COVID-19 vaccine does **NOT** provide protection from flu viruses and vice versa.

3 Is it possible to be sick with Flu and COVID-19 at the same time?

Yes. It is possible to have flu and other respiratory illnesses like COVID-19 at the same time. This is called a coinfection. We expect to see this more often this season because of an increase in flu viruses circulating.

4

I don't hear anything about the flu yet. Shouldn't I just wait to get the vaccine?

Definitely not. It's best to be vaccinated **before** flu begins spreading in your community. September or by the end of October are the best times to be vaccinated against flu. However, November or later is still ok since flu most commonly peaks in February and can continue into May.

5

I just got a COVID-19 booster. Do I need to wait to get my flu vaccine?

No. You can get a flu vaccine at the same time you get a COVID-19 vaccine, including a COVID-19 booster shot.

6

Isn't my child too young to get a flu vaccine?

All children 6 months and older should get a flu vaccine. They can actually get both flu and COVID-19 vaccines at the same time, but don't delay either vaccination in order to get them both at the same visit.

7

Symptoms of COVID-19 and Flu are so similar. How can I tell the difference?

You can find a helpful guide for comparing symptoms of COVID-19, Flu, the Common Cold, and allergies [here](#). However, a health care professional can order a test to help confirm whether you have flu, COVID-19, or some other illness.

8

I just had COVID-19. Can I get the Flu vaccine?

Flu vaccination should only be delayed until you are no longer ill. In general, people isolating at home with COVID-19 should wait until they meet criteria for leaving isolation (even if they have no symptoms) to come to a vaccination setting in order to avoid spreading the illness to others. Speak with a health care professional to figure out the best timing.

