FLU SEASON & COVID-19

Flu season is here & COVID-19 has not gone away!

Influenza and COVID-19 are both contagious respiratory illnesses, caused by different viruses.

DID YOU KNOW?

You can receive a COVID-19 vaccine (or booster) & the flu vaccine at the same time!

This is similar to other instances when we receive more than one vaccine at the same time, such as children's vaccines or travel vaccines.

Flu vaccines are not designed to protect against COVID-19.

Flu vaccination reduces the risk of flu illness and life-threatening complications.

The COVID-19 vaccine is not designed to protect against influenza.

It is important to follow the recommended schedule for either vaccine.

If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.

HOW CAN YOU PROTECT YOURSELF AGAINST COVID-19?

- Get vaccinated yourself, and be sure to get everyone in your family (that is eligible) vaccinated against COVID-19.
- Wear a mask.
- Choose safer activities for your family. Outdoor activities are safer than indoor ones. If you are indoors, choose a location that is well ventilated.

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Protecting the People Who Feed the World

Source: Centers for Disease Control and Prevention