

Do I need a flu shot and a COVID-19 vaccine



Yes, it's **important** to get **BOTH a flu shot**, available now, and the **COVID-19 vaccine** when it's available to you. While communities have been fighting the COVID-19 virus since March 2020, the flu virus occurs every year between late fall and early spring.

✓ Flu Shot Facts

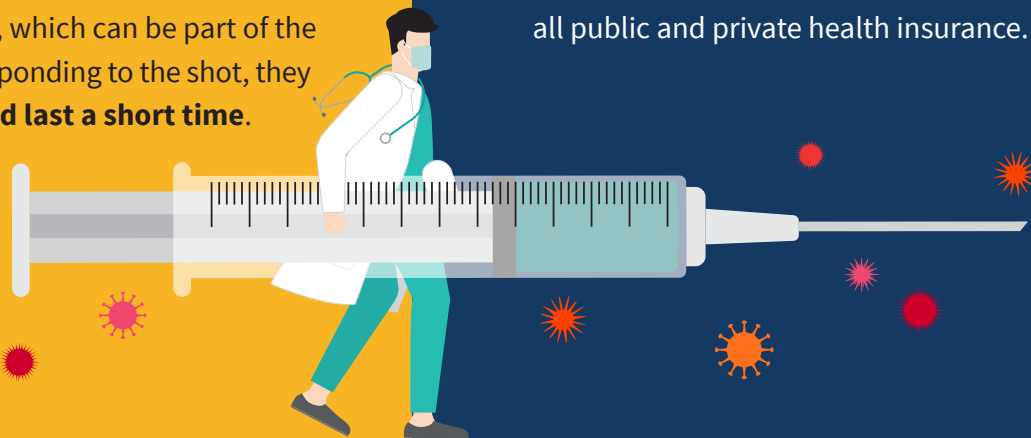
Getting a flu shot can prevent people **from getting sick** and needing medical attention because of the flu. This protects communities and healthcare professionals from battling both the flu and COVID-19.

- Everyone 6 months and older should get a **FLU SHOT EVERY YEAR**. You cannot get the flu from the flu shot.
- It takes about **2 weeks for the antibodies** to build up in the body and provide protection from the flu.
- Some people who get the shot may still get the flu, but it's usually **not as severe**.
- If side effects occur, which can be part of the immune system responding to the shot, they are usually **mild and last a short time**.

✓ COVID-19 Vaccine Facts

It's **important to get the vaccine** as soon as possible to help stop the spread of COVID-19. The vaccination will be given first to healthcare personnel and long-term care residents and staff.

- The COVID-19 vaccine has been through rigorous trials and is **SAFE AND EFFECTIVE**.
- **2 DOSES** of most COVID-19 vaccines, given 3–4 weeks apart, will offer the best protection.
- Even **after you get the vaccine**, it is important to keep wearing a mask to cover your mouth and nose, washing your hands, and staying at least 6 feet away from others.
- The COVID-19 vaccine **will be covered** by all public and private health insurance.



For more information about the COVID-19 vaccine, visit vdh.virginia.gov/covid-19-vaccine or call 877-ASK-VDH3.



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