

# Flu Prevention During COVID-19

## *Why are we even more concerned about preventing flu during COVID?*

The flu is a serious and contagious disease that affects millions of people each year. It's spread from person to person through coughing, sneezing, or droplets of saliva. In this upcoming flu season, it is likely that flu viruses will spread along with the coronavirus. The flu vaccine will not prevent COVID-19, but it will help prevent flu illnesses, hospitalizations, and deaths. It will also help conserve scarce medical resources for the care of people with COVID-19.

## *How can you prevent the flu?*

During the COVID-19 pandemic, it is important to reduce your risk for respiratory illness and to protect other at risk people. Getting the flu shot is safe and effective and one of the best ways you can prevent getting and spreading the flu. It takes up to 2 weeks after getting a flu shot for your body to build up full protection against the flu, so it is still possible to get the flu during that time. Any side effects from the vaccine (mild soreness, headache, low grade fever, etc.) are short term and are not the flu.

## *Who needs the flu shot?*

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get the vaccine, especially:

- Essential workers
- Pregnant women and children
- People ages 65 and older
- People with chronic health problems like asthma, diabetes, heart disease, lung disease, etc.
- People who live with or care for those at high risk

Get Your Flu Shot



## *Where can I get the flu shot?*

Your local health department offers the flu vaccine for all ages, along with most primary care providers and pharmacies. Find your local TJHD health department at [www.TJHD.org](http://www.TJHD.org).

*For more information:* [www.cdc.gov/flu](http://www.cdc.gov/flu)

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