

# Get a flu shot during COVID-19

## The flu vaccine **can safely be given at the same time** as the COVID-19 vaccine

### Fight flu with a flu shot:

**Everyone, every year.** Each person 6 months of age and older needs a flu vaccine each year. This includes pregnant women and people with chronic health conditions.



**Vaccines are updated from one season to the next.** Flu viruses are constantly changing so you need to get vaccinated each year.



**Protect your herd.** Vaccination protects us as a community so that individuals who may not produce a strong immune response – such as the immunocompromised – are afforded some protection.



### **It's not too late to get a flu shot.**

The flu season usually starts in October and lasts through May. You should get your shot before the end of October but waiting until January or February may still offer protection.



**Safe and effective.** Flu vaccines have a good safety record. Minor side effects may include soreness or swelling at the injection site and low-grade fever and aches. While some people who get vaccinated still get sick, their illness is usually less severe.



### Follow the basics of COVID-19 prevention:

**Get your COVID-19 vaccine.** COVID-19 vaccines are safe, effective, and free. You can get a COVID-19 shot (or booster) at the same time as your flu shot by getting one in each arm.

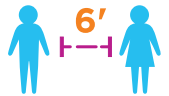


### **Wear a facemask outside the home.**

Masks should completely cover your nose and mouth.



**Maintain social distancing.** Stay at least 6 feet from others when outside the home.



**Keep your hands clean.** Wash your hands often with soap and water or use hand sanitizer. Cover your coughs and sneezes with your elbow or a tissue. Keep hands away from your eyes, nose, and mouth.



**Stay home if you feel sick.** Call your provider immediately if you experience any symptoms of COVID-19 or have had close exposure to someone who has recently tested positive for COVID-19.



**Contact your pharmacy and schedule your vaccine appointment today!**