

Get Your Flu and COVID-19 Vaccines This Season!

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

COVID-19 and the seasonal flu are spreading simultaneously this fall and winter, so everyone should do their part to prevent illness. Make sure you and your family get the flu vaccine and follow basic infection prevention practices to prevent COVID-19, including getting a COVID-19 vaccine if you are due for a booster or if you have not gotten your first dose(s) yet. Taking these actions will protect you and your loved ones and also conserve hospital beds and medical supplies for seriously ill patients. Visit www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html to find out when you can get your COVID-19 booster.

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. High-dose flu vaccine is recommended for those 65 and older.



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. It's best to get your flu shot by the end of October. But flu vaccination is always protective, even if you aren't able to get vaccinated until November or later.



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 to Prevent COVID-19

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



Socialize outdoors as much as possible. When spending time with others indoors, improve ventilation and filtration. Open windows and increase the filtration in your heating/air conditioning units.



Stay home if you are sick. If you have symptoms of COVID-19, use an at-home test or get tested through your doctor, or a community testing site. Visit [COVID.gov/tests](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html) to find resources in your area.



Avoid contact with people with COVID-19. Wear a facemask around others if you have been exposed to someone with COVID-19. Masks should completely cover your nose and mouth.



Take extra action based on your community's COVID level. If your area is listed as medium or high risk on the CDC's "COVID-19 by County" website, take extra precautions. To learn more, visit: www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html



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