



Find the answers to your most asked questions.

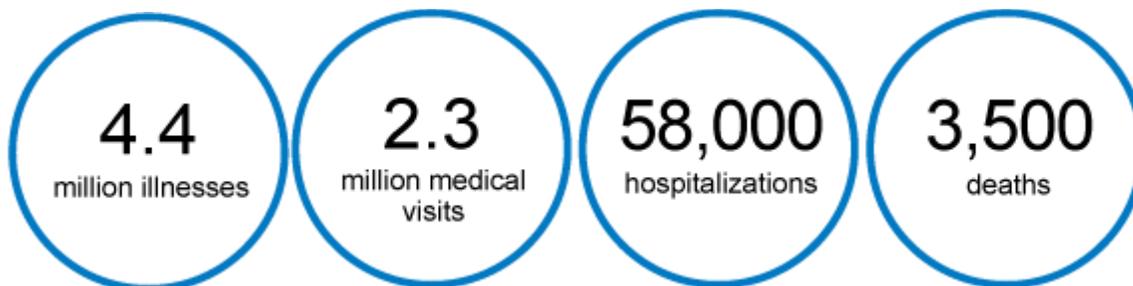
Reduce your risk at no cost to you with a flu shot.

Flu season is right around the corner. According to the CDC, it's likely that flu viruses and the virus that causes COVID-19 will be spreading simultaneously. Because of the ongoing COVID-19 pandemic, health care experts are educating us on the importance of protecting against the flu.

You can find answers to the latest questions around the flu and COVID-19 [answered by the CDC](#).

Each year, millions of people — around 8% of the U.S. population — become sick with the flu.¹ The flu shot can help keep you healthy.

The flu shot has helped prevent:



¹ Centers for Disease Control and Prevention: *Key facts about influenza (flu)* (September 13, 2019): cdc.gov/flu/about/keyfacts.htm.

Our friends at Maestro Health have put together some common Q & A's:

What is the difference between Influenza (Flu) and COVID-19?

The flu and COVID-19 are both contagious respiratory illnesses, but they're caused by different viruses. COVID-19 is caused by a new coronavirus (called SARS-CoV-2) and flu is caused by influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine won't protect you from COVID-19; however, a flu vaccine does have other crucial benefits. Flu vaccines have been shown to reduce the risk of flu, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk of catching the flu but also to help conserve our country's potentially scarce health care resources.

How can I safely get a flu vaccine if COVID-19 is spreading in my community?

When going to get a flu vaccine, practice everyday preventive actions; wash your hands often or use a hand sanitizer that contains at least 60% alcohol, limit contact with others as much as possible, and put distance between yourself and other people. Ask your doctor, pharmacist or health department if they're following CDC's vaccination pandemic guidance. Any vaccine provider that's following the CDC's guidance should be safe.

Should a flu vaccine be given to someone with suspected or confirmed COVID-19?

No. Wait to get a vaccine if you suspect you might have COVID-19 or if you've confirmed you have COVID-19. You should wait to get a flu vaccine until you've met the criteria to discontinue your isolation. While being sick with COVID-19 isn't a contraindication to the flu vaccine, if people with suspected or confirmed COVID-19 visit vaccine providers, they can expose healthcare personnel and other patients and spread the virus.

Also, if you previously had COVID-19 or if you had the flu in 2019, that does not protect you from catching the flu this year. It is recommended to get a flu vaccine every year to prevent seasonal flu.

For more information regarding the flu and COVID-19, [visit cdc.gov](https://www.cdc.gov)

Stay healthy.