

Get a Flu Shot During COVID-19!

Flu vaccine is essential to help prevent illness during the pandemic

Both COVID-19 and the seasonal flu will be 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. Taking these actions will protect you and your loved ones and also conserve hospital beds and medical supplies for seriously ill patients. Do your part to safeguard your community! Visit vaccinefinder.org to find a flu shot location near you.

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 can not be vaccinated—such as newborns and 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

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.



Don't touch your face. 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.

