

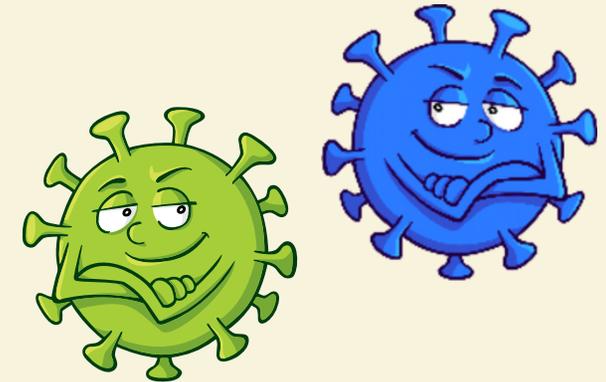
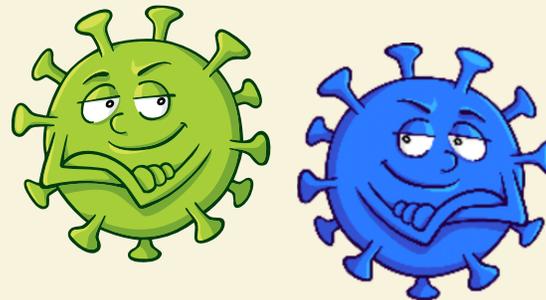
7 How can I tell the difference between flu and COVID-19 symptoms since they're so similar?

It can be difficult to tell the difference between respiratory illnesses like COVID-19, flu, and RSV.

Talk with your health care provider to figure out what tests and treatment may be needed depending on your symptoms.



DON'T FORGET ABOUT COVID-19 AND THE FLU!
FLU SEASON
THEY HAVEN'T FORGOTTEN ABOUT YOU.



8 I just had COVID-19. Can I get the flu vaccine?

Flu vaccination should only be delayed until you are no longer sick. You can get the flu vaccine once you recover from COVID-19 and are able to leave home.

Speak with a health care professional to figure out the best timing for you!

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Infectious Disease Bureau
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Boston, MA 02118
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Know Your Resources!



Find a Flu Vaccine!



Find a COVID-19 Vaccine!

1 What do I need to know about the flu?

Most commonly, flu causes mild illness in children and adults; however, flu can cause some people to become severely ill and at times lead to death.

Some people, like those 65 years and older, pregnant people, children younger than 5 years old, and those with underlying medical conditions, are at **higher risk for flu complications**.

The best way to protect yourself and your loved ones is to **get your annual flu shot**.



2 Since I got the COVID-19 vaccine, I'm also protected against flu, right?

No! Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses.

That means that the COVID-19 vaccine does **NOT** provide protection from flu, and the flu vaccine does not protect you from COVID-19.



3 Is it possible to be sick with flu and COVID-19 at the same time?

Yes! It is possible to have flu and other respiratory illnesses like COVID-19 at the same time. This is called a *co-infection*.

4 I haven't heard anything about the flu yet. Should I wait to get the vaccine?

September and October are the **best times to get vaccinated** against flu so that you are protected as flu starts to spread.

However, getting vaccinated later in the season can still offer good protection since flu can continue spreading through April and May.



5 I just got a COVID-19 vaccine. Do I need to wait to get my flu vaccine?

No! You can get the flu vaccine and the COVID-19 vaccine at the same time.



6 Is my child too young to get a flu vaccine?

Infants and children 6 months and older should get their flu and COVID-19 vaccines.

Talk to your trusted healthcare provider if you have any questions and to make sure they are up to date with their vaccines.

