

Seasonal Flu and COVID-19

Centers for Disease Control and Prevention

When is flu season?

While seasonal influenza (flu) viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons vary, but flu activity often begins to increase in **October** and peaks between **December and February** most of the time. Significant activity can last as late as **May**.

Who should get the flu vaccine for 2021-2022?

Annual flu vaccination is recommended by CDC for everyone **6 months and older**, with few exceptions.

What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. **People can be infected with both a flu virus and the virus that causes COVID-19 at the same time.** In general, COVID-19 seems to spread more easily than the flu and causes more serious illnesses in some people. Compared with people who have flu infections, people who have COVID-19 can take longer to show symptoms and be contagious for longer.

Will the flu shot protect me from COVID-19?

Flu vaccines are not designed to protect against COVID-19. Flu vaccination reduces the risk of flu illness, hospitalization, and death in addition to other important benefits. Likewise, getting a COVID-19 vaccine is the best protection against COVID-19, but those vaccines are not designed to protect against flu.

Can I get a COVID-19 vaccine and a flu vaccine during the same visit?

Yes, you can get a flu vaccine at the same time you get a **COVID-19 vaccine (or a COVID-19 booster shot)**. Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, you should get them as soon as you can.

Stay Healthy By Getting a Free Flu Shot!

You are recommended to get a flu shot at no cost to protect you and your family – it prevents individuals from getting sick, limits the spread of flu from person to person, and reduces the chance of hospitalization.

You could see your doctor now for a flu shot. Don't delay, make an appointment today!



For more information, please visit:

<https://www.cdc.gov/flu/season/index.html>

