



Flu Shots & COVID-19 More Important Than Ever



Health officials are urging the public to get a flu shot this fall to help prevent serious illness and reduce the strain on healthcare resources already dealing with COVID-19 infections.

Help Protect Everybody, Reduce the Risk of COVID-19 + Flu Illness

- ✦ Immunizations can help prevent disease outbreak when 85% of the population is immunized.
- ✦ Some people can't get immunized due to medical conditions – when you get immunized, you help everyone stay healthy.
- ✦ It is possible to have the flu and COVID-19 at the same time although it is still unknown how common or serious this could be.

Continue to Practice Social Distancing and Everyday Preventive Actions

- ✦ Although it can be emotionally challenging, continue to practice social distancing, follow mask mandates and take other precautions to limit the spread of COVID-19.
- ✦ Your health plan typically pays for the vaccines that your doctor recommends for you.
- ✦ Remember, preventing illness enables you to use your time off for more fun and meaningful activities instead of sick at home or caring for loved ones.

Learn From the Experts

- ✦ According to the CDC, getting a flu shot is more important than ever this flu season:
<https://www.cdc.gov/flu/season/protect-your-health.html>
- ✦ Learn more about the 2020-2021 flu season:
<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
- ✦ Get the facts about the flu shot:
<https://www.cdc.gov/flu/prevent/misconceptions.htm>

Get Your Flu Shot This Fall!

To learn more about COVID-19, visit [Coronavirus \(COVID-19\)](#).

To learn more about the flu, visit [Influenza \(Flu\)](#).

Sources: <https://www.cdc.gov/vaccines/schedules/easy-to-read/adult-easy-read.html> , <https://www.cdc.gov/features/vaccineschronicconditions/> , <http://www.who.int/features/factfiles/immunization/en/> , <http://www.nfdi.org/publications/factsheets/facts.html>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.