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).