

# Getting a Flu Vaccine During the COVID-19 Pandemic

## 3<sup>+</sup> - Pointers

- Getting a flu vaccine is an essential part of protecting your health and your family's health every year. Take recommended precautions to protect yourself from COVID-19 while getting your flu vaccine.
- Wearing a mask and physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to reduce your risk of flu illness and its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.
- You can get a flu vaccine at the same time you get a COVID-19 vaccine, including 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, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.