Public Health Preparedness Newsletter

Fall 2022: COVID-19 and the flu
October 2022

This newsletter is available in Amharic, Arabic, French, Haitian Creole, Indonesian, Khmer, Portuguese, Russian, Simplified Chinese, Spanish, Swahili, and Vietnamese at https://bit.ly/CRPNnewsletter.

To request free printed copies, visit: https://bit.ly/PHPMaterials or leave a message at 215-429-3016.

Flu Vaccine	COVID-19 Vaccine
The flu vaccine is updated every year to protect against the strains or types of flu expected to be the most common or dangerous.	As the COVID-19 virus changes, booster doses are developed to protect against new strains or types of COVID-19.

To update your immunity, it is important to get an annual flu vaccine and a COVID-19 booster.
This protects you from the newer, more contagious types of virus.

Yes, you can get both vaccines at the same time.

https://bit.ly/FluPHL   https://bit.ly/COVIDvaxPHL

Call 215-685-5488, Press 3 for interpretation in your language, press 2 for Spanish. Dial 711 for TRS/TTY assistance.

Frequently Asked Questions

Why do viruses mutate (change)?
- Viruses need to make copies of themselves to survive.
- Sometimes these copies have tiny mutations or changes that make the virus more or less serious.

Will the flu or COVID-19 vaccine make me sick?
- No, if you feel sick soon after getting a vaccine this could be because:
  1) you are experiencing normal side effects to the vaccine OR
  2) you were exposed to a virus before you got vaccinated.

Why do some people still get sick after being fully vaccinated?
- No vaccine is 100% effective, you can get vaccinated and still get sick.
- However, being vaccinated makes it less likely to get the flu or COVID-19 and less likely you may end up in the hospital or die, if you do get sick.

Department of
Public Health
CITY OF PHILADELPHIA

COVID-19 and the flu

Both flu and COVID-19 are respiratory viruses that affect your lungs and breathing. Both spread to from person to person in similar ways and cause similar symptoms.

	Flu	COVID-19
Cause	It is expected that all viruses will mutate or change over time.	
	• There are two main types of flu virus: influenza A and influenza B. • It is expected that different strains or types of influenza A and influenza B are common each year.	• COVID-19 is caused by the 2019 coronavirus, also known as SARS-CoV-2. • It is expected that different strains or types of COVID-19 will develop as the virus changes over time.
	It is likely that over time COVID-19 will become a seasonal virus, similar to the flu.	
How the virus spreads	• Droplets are very small pieces of virus, or virus particles. Droplets stay in the air when someone breaths out, and another person can breathe them in and become infected. • People touch something with virus on it, and then get exposed to the virus by touching their face. • People infected with COVID-19 or the flu may not feel they are sick for several days. During that time they can spread the disease to others before they know they are sick.	

Who do we worry about?

Some people are more likely to get severely sick if they get COVID-19 or the flu:
- Adults aged 65 and older
- Infants and young children
- People with some medical conditions
- People who are pregnant

Remember, healthy people of any age can get seriously sick from COVID-19, be hospitalized and sometimes die from complications of the COVID-19 virus.
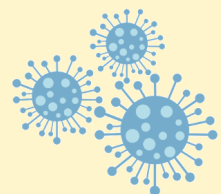
Mental Health and Wellbeing

Need help with a mental health crisis? Call 215-685-6440
Mental Health & Addiction Services, call 888-545-2600
Open 24/7, Interpretation available

Free, online behavioral health screening and resources at HealthyMindsPhilly.org

Please reach out.

	Flu	**COVID-19**
Preventing Illness	In most cases, vaccines can prevent getting serious illness and death from COVID-19 or the flu. To protect from COVID-19, the flu or other respiratory viruses: • Wear a mask inside crowded public spaces. • FREE masks https://bit.ly/FreeN95s • Wash your hands often and for at least 20 seconds. Use hand sanitizer if soap and water are not available. • Sneeze or cough into your elbow and then clean your hands. • Stay home if you are sick.	
Symptoms	Both flu and COVID-19 can have no symptoms, mild or severe symptoms or can lead to death. Symptoms of COVID-19 and flu are similar and can include: • Fever or chills • Cough or sore throat • Difficulty breathing • Tiredness, muscle pain or body aches • Runny or stuffy nose • Headache • Vomiting or diarrhea • Change in or loss of taste or smell ◊ This is more frequent with COVID-19.	
Testing	You cannot tell if you have the flu or COVID-19 just from symptoms. Testing is needed to tell if someone has the flu, COVID-19 or possibly, both. • Get FREE COVID-19 tests, even if you do not have insurance at: https://bit.ly/PHLTestingSites • Health insurance companies are required to reimburse 8 at-home tests per month: https://go.cms.gov/3Lqo0Yk	

	Flu	COVID-19
What to do if you feel sick	Take a rapid COVID-19 test: • If it is positive: Stay home for 5 days and isolate or stay away from others in your home. • If it is negative: Stay home for at least 24 hours after your fever is gone, except to get medical care or necessities. Most people can treat themselves at home: • **Rest**—Give your body a chance to fight off the infection. • **Hydrate**—Drink lots of water, juice, tea and soup. Avoid sugary drinks. • **Medicate**—Over the counter medications can help with some symptoms.	
Contact a healthcare provider	If you are at risk of complications. If you have questions about your symptoms or if you want to know if you are eligible for antiviral medications.	
Find a provider you like and trust	It is important to have a primary care provider you trust to answer your questions and help you stay healthy. • It is OK to try more than one, to find one you like. Use the Primary Care Finder: www.phila.gov/primary-care to find free or low-cost medical care. • Search by language, location, specialty and more.	

More Information

COVID-19: www.phila.gov/COVID; The flu: https://bit.ly/FluPHL

For interpretation, call the PDPH Call Center at 215 685-5488. Press 3 for your language, press 2 for Spanish and dial 711 for TRS/TTY assistance.

Let's stay connected!

Visit our website at https://bit.ly/PDPHPreparednessOutreach

For printed copies of this newsletter, questions, or problems with the translation, email us at PublicHealthPreparedness@phila.gov or leave a message at (215) 429-3016. **We would love to hear from you!**

CRPN

Sign up for the **Community Response Partner Network** at http://bit.lyphlcommunityresponse to get essential public health information to pass to family, friends, and neighbors. **Be safe!**