

COVID-19 and Seasonal flu FAQ

November 2022

Frequently Asked Questions

- **Are both COVID-19 and the flu caused by the same virus?**
 - The flu is caused by the influenza virus (Types influenza A and influenza B).
 - COVID-19 is caused by the 2019 coronavirus, also known as SARS-CoV-2.
- **How do I protect myself from COVID-19 and the flu?**
 - Best Protection: Get your vaccines & boosters, wash your hands often, cover your cough and sneezes, stay home when you are sick, clean most touched surfaces, and make sure people who are very sick get medical care.
- **What are boosters?**
 - A booster is an additional dose of a vaccine given to boost immunity after the protection from the original dose has begun to decrease over time.
- **Can I get a COVID-19 vaccine and the flu vaccine together?**
 - Yes, it's safe for anyone to get a COVID-19 vaccine along with a seasonal flu vaccine.
- **Do I have to get more than one flu vaccine this year as I do with the COVID-19 booster?**
 - No, the flu vaccine is given once a year to help protect you against the strains (types) of the flu virus predicted to cause the most disease.
- **Who is at risk for COVID-19 and the flu?**
 - People who are at higher risk of serious complications from COVID-19 and the flu are adults 65+, people with certain medical conditions, and people who are pregnant.
- **Will COVID-19 or the flu vaccine make me sick?**
 - Vaccines do not make you sick. You may experience normal side effects such as a headache, fever, or sore arm.
- **Does the flu vaccine prevent COVID-19?**
 - The flu vaccine does not prevent COVID-19. Flu vaccines help with the prevention and spread of influenza only.
- **Should I get my child a COVID-19 and flu vaccine?**
 - Yes, both COVID-19 and flu vaccines are recommended for children 6 months and older.
 - A COVID-19 booster is recommended for everyone 5 years and older.