



COVID-19 and Seasonal Flu

November 2022

The flu and COVID-19 are respiratory viruses that affect your lungs and breathing. Protect yourself and your loved ones by getting both the flu vaccine and COVID-19 booster.

- The flu (influenza) vaccine is updated every year to protect against the strains (types) of the flu that are expected to be the most common or dangerous.
- COVID-19 booster doses are developed to protect against new strains (types) of COVID-19 that are the most contagious.
- It's important to get your flu vaccine every year and to get a COVID-19 booster, each time its offered.

For more information on the flu vaccine visit bit.ly/FluPHL

For more information on COVID vaccines visit bit.ly/COVIDvaxPHL

Both COVID-19 and the flu spread from person to person in similar ways and cause similar symptoms, but they are caused by different viruses.

COVID-19 and the flu can be spread by:



- Droplets (smaller particles) may stay in the air when someone with COVID-19 or the flu breathes, sneezes, or coughs, allowing the virus to infect another person.
- Touching an object or surface with viruses on it then touching your mouth, nose, or eyes.
- **Did you know?** People infected with COVID-19 or the flu may not feel any symptoms and can spread the viruses to others before they even feel sick.

Prevent the spread of COVID-19 and the flu:

- Wear a mask inside crowded public spaces
- Wash your hands often
- Avoid touching your face
- Cough and sneeze into the back of your elbow or a tissue

For FREE masks visit <https://bit.ly/FreeN95s>



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COVID-19 and the flu have similar symptoms that can range from no symptoms (asymptomatic) to mild or severe symptoms. To learn more visit bit.ly/FLUvsCOVID.

Testing is needed to tell if someone has the flu, COVID-19, or possibly both.

Getting a seasonal flu vaccine and a COVID-19 booster is the best way to stay protected.

To find **FREE** vaccine and testing:

Flu vaccines
bit.ly/FluPHL

COVID-19 vaccines
bit.ly/COVIDvaxPHL

COVID-19 testing
bit.ly/Covid19_test

For more information about COVID-19 and the flu:

Philadelphia Department of Public Health
215-685-5488

Open regular business hours.

Dial **711** for TRS/TTY assistance.

Interpretation available,

Press **2** for Spanish or press **3** for interpretation in your language.

Find **FREE** or low-cost primary care:

www.phila.gov/primary-care

Insured or uninsured.

Search by location, type of primary care, specialty care or testing services.

Contact your healthcare provider if you have questions about the seasonal flu, COVID-19 vaccines or if you are feeling sick.

Stay Connected to Stay Informed

For questions, please email us at PublicHealthPreparedness@phila.gov or leave a message at **(215) 429-3016**. We would love to hear from you!

