COVID-19 and Seasonal Flu

October 2023

The flu and COVID-19 are diseases caused by viruses that most often cause respiratory symptoms like cough and stuffy nose but may also cause fatigue, fever and body aches. Protect yourself and your loved ones by getting your yearly flu vaccine and the updated 2023-2024 COVID-19 vaccine.

- The flu shot is updated every year to protect against the types of the flu that are predicted to be the most common.

- The updated COVID-19 vaccine was created to protect against the most recent types/ variants of the virus.

- It's important to get your flu vaccine every year and your COVID-19 vaccine, each time it is recommended.

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 in similar ways and cause similar symptoms. It may be hard to know which virus you have.

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 in crowded indoor spaces or around people who are at risk for severe disease.

- Wash your hands.

- Stay home if you are sick.

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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	COVID-19 vaccines	COVID-19 testing
bit.ly/FluPHL	**bit.ly/COVIDvaxPHL**	**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!