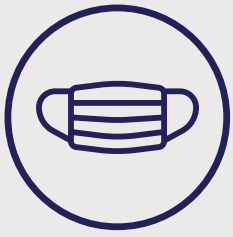
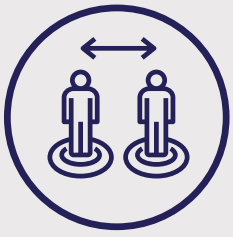
COVID-19 & FLU

WHAT YOU NEED TO KNOW

- Influenza (flu) and COVID-19 are both **contagious respiratory illnesses**, but they are caused by different viruses.
- Anyone can become **seriously sick** from the flu and COVID-19, even healthy people.
- Since they are different viruses, you need to receive **BOTH** the COVID-19 vaccine **AND** flu shot to fully protect yourself.
- It is **safe** to get the flu shot and COVID-19 vaccine, including the COVID-19 booster dose, at the same time.
- There are **no co-pays** for flu shots or the COVID-19 vaccine for City employees, pre-Medicare retirees and dependents.

- Getting **a flu shot will not protect you from COVID-19** but it will help protect you from the flu and its complications.
- Getting **the COVID-19 vaccine will not protect you from the flu**, but it will significantly decrease your chances of getting COVID-19.
- **You cannot get the flu from the flu shot. You cannot get COVID-19 from the COVID-19 vaccine.**
- The flu shot you got last season **will not** protect you the following year. **You need to get a new flu shot every year.**





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