



## Frequently Asked Questions

### 1. Why should I get the flu shot?

Influenza – the “flu” – is a respiratory disease caused by the influenza virus. It can cause mild to serious illness. Even healthy people can become very ill from the flu.

Everyone aged 6 months and older should get the flu vaccine every year. Getting a flu vaccine is the most important thing you can do to help protect yourself, your loved ones, and your community from the flu. If you do get the flu, the vaccine can reduce the risk of serious outcomes that can lead to hospitalization and death.

Getting your flu shot is the best way to protect yourself and your loved ones against the flu and its complications.

### 2. Where can I get the flu shot?

The flu shot is available at **no cost** to employees, pre-Medicare retirees, and dependents in 3 different ways:

**WorkWell NYC clinics:** Flu shots will be available for employees at worksites throughout the 5 boroughs. WorkWell NYC flu shot clinics are open to all benefits-eligible City employees, regardless of insurance coverage. To find upcoming clinic dates and locations or to schedule an appointment, visit <https://apschedule.com/nycflu25>.

**Participating pharmacies:** City employees, pre-Medicare retirees, and dependents can go to any participating pharmacy to receive a free flu shot. You can use the [NYC Health Map](#) to find a pharmacy near you. Check with the pharmacy to confirm dates and times of vaccination services, and check with your insurance provider to make sure the pharmacy participates in your plan. Be sure to provide your medical insurance card to the pharmacy.

**In-network medical offices and clinics:** City employees, pre-Medicare retirees, and dependents can visit an in-network medical office or clinic to get a flu shot. The visit co-pay will be waived when the sole purpose of going to the doctor is to get your flu vaccine. Contact your insurance provider for more information. To find a provider covered by your insurance, contact your [health plan](#). Primary care physicians are generally more likely to provide flu vaccine, but some specialists may also offer it. Check with your doctor.

### 3. When should I get my flu shot?

Getting vaccinated anytime during flu season provides protection. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's best to get vaccinated before influenza viruses start to spread in your community.

## Flu and COVID-19

### 4. Will the flu shot protect me from COVID-19?

Getting a flu vaccine will not protect against COVID-19. However, flu vaccination reduces the risk of flu infections as well as the risk of serious complications that can lead to hospitalization and death.

### 5. Can I get a flu vaccine and a COVID-19 vaccine at the same time?

Everybody should get a flu vaccine (before or during flu season) and stay up to date with COVID-19 vaccines. You can get a COVID-19 vaccine before, after, or at the same time as you receive any other vaccine, including the flu vaccine. COVID-19 vaccines will not be available at WorkWell NYC clinics at this time. Check with your doctor and your insurance provider for more information about COVID-19 vaccines.

## WorkWell NYC Clinics

### 6. What type of vaccine will be available at WorkWell NYC clinics?

WorkWell NYC clinics will offer the trivalent, injectable flu vaccine. Additionally, a limited supply of vaccines specifically designed for those 65 years and older are available upon request, while supplies last.

### 7. Are worksite flu clinics private?

Privacy screens will be provided to separate the area where shots are administered. However, flu clinics are located in common areas of work settings where **we cannot guarantee absolute privacy**. The flu shot is given in the upper arm, so participants are encouraged to wear short sleeves.

### 8. What should I bring with me to get my flu vaccine?

Please bring your **employee ID card** to get your flu shot at the workplace. To get your flu shot at an in-network doctor's office or a participating pharmacy, please bring your **medical insurance card**.

### 9. Can I get proof of vaccination after getting my flu shot at a WorkWell NYC clinic?

Yes, please send your request to the medical records department at [myresults@affiliatedphysicians.com](mailto:myresults@affiliatedphysicians.com) and they will respond via secure email to gather your personal information and send your record to you. You should provide your doctor with a record of your flu vaccine each year. If you consent to participate in the New York Citywide Immunization Registry (CIR), and your doctor is registered with CIR, they will have access to your immunization records. If your vaccine record is in CIR, you yourself can always access your record by using this link: [My Vaccine Record](#)

**10. Will there be a flu shot available for people aged 65 and over?**

Yes, vaccines specifically designed for those 65 years and older are available upon request at WorkWell NYC clinics, while supplies last. Contact your pharmacy or doctor's office to find out what vaccines they provide.

**11. Will thimerosal-free flu shots be available?**

Yes, all flu vaccines offered at WorkWell NYC clinics are thimerosal-free. Contact your pharmacy or doctor's office for details about what vaccines they provide.

**12. Will the nasal spray be available?**

The nasal spray flu vaccine, commonly known as FluMist, will **not** be available at WorkWell NYC clinics. Contact your pharmacy or doctor's office for details about what vaccines they provide.

## Safety and Effectiveness

**13. Why do I need to receive the flu vaccine every year?**

Flu viruses are always changing, and flu vaccines are updated every season to protect against new strains that are expected to be circulating. Also, immune protection from vaccination declines over time. To ensure you're protected each flu season, you need a new dose of the flu vaccine each flu season. The flu vaccine will prevent many flu infections. If you do get the flu, the vaccine can reduce the risk of serious outcomes and complications.

**14. Can the flu shot cause the flu?**

No. The flu shot only contains inactivated (killed) virus and cannot cause the flu.

**15. Are there any side effects to the flu shot?**

Common side effects include soreness, redness and swelling at the injection site, low fever, and feeling achy and tired. Serious side effects are very rare. Ask your doctor or clinician if you have concerns about side effects.

**16. Is the flu vaccine safe?**

Flu vaccines have been given for well over 50 years and have a very good safety track record. The vaccines are made the same way each year, and their safety is closely monitored by the Centers for Disease Control and Prevention and the Food and Drug Administration. Hundreds of millions of flu vaccines have been given safely. Learn more [here](#).

**17. If I have a cold, can I get the flu shot?**

In general, individuals with mild illness can be vaccinated. However, to prevent exposing others, you should not come to work to be vaccinated while you are sick, whether with COVID-19 or any other illness.

## Special Populations

### 18. If I am pregnant, can I get the flu shot?

Yes. Illness caused by the flu can be dangerous to pregnant persons and their newborn infants. Anyone who is pregnant or postpartum during the flu season should receive a flu shot. Flu vaccination during pregnancy has been shown to protect both the pregnant individual and the newborn baby (who cannot be vaccinated until 6 months of age) from flu. All pregnant people can receive the flu shot at WorkWell NYC clinics. Talk with your obstetrician or health care provider if you have any questions or concerns. Learn more [here](#).

### 19. If I have an egg allergy, can I get the flu shot?

The CDC updated its guidance for flu vaccine and people with egg allergy in 2023. People with an egg allergy, regardless of the severity of past allergic reaction to egg, can safely receive any flu vaccine, at any location, including at WorkWell NYC clinics.

### 20. What about vaccines for children?

Children under 6 months are too young for the vaccine. Caregivers can protect children 6 months and younger by getting the flu shot themselves. All individuals 6 months and older should receive the flu vaccine every year. Children 6 months to 5 years of age who attend a New York City-licensed childcare or nursery school, Head Start, or pre-kindergarten must get one dose of flu vaccine between July 1 and December 31 every year. Some children 6 months through 8 years of age will need two doses of flu vaccine for adequate protection from flu. A pediatrician or health care provider can determine the appropriate flu shot schedule for your child.



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