The Flu and COVID-19

Can I have COVID-19 and the flu at the same time?

Yes. It is possible to have flu (as well as other respiratory illnesses) and COVID-19 at the same time. A previous COVID-19 infection does not protect against getting the flu.

What can I do to prevent COVID-19 or the flu?

The most effective preventive measures for COVID-19 are staying home, washing hands and wearing a mask.

CDC recommends that all people 6 months and older, with rare exceptions, get a yearly flu vaccine to prevent the occurrence and severity of the flu. Vaccinations are especially important for those at increased risk of severe illness and with chronic conditions such as heart disease, chronic obstructive pulmonary disease (COPD) or type 2 diabetes who are at greater risk for developing complications from both the flu and COVID-19.

Will a flu shot protect me against COVID-19?

The flu vaccine will not protect against COVID-19, but flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. Flu vaccines reduce the risk and severity of the flu, which is especially important this year, since health care resources may be scarce. Requiring medical care for the flu could also increase your exposure to respiratory germs like the virus that causes COVID-19.

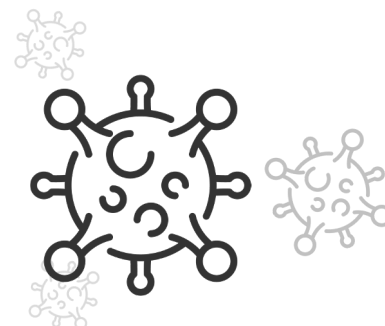### Should I get vaccinated for COVID-19 if I have already had it?

Yes. The Centers for Disease Control (CDC) recommends that everyone ages 12 and older should be vaccinated regardless of whether you already had COVID-19.

When should I get a flu shot? Should I get it earlier than I normally do?

September and October are good times to get vaccinated. Getting vaccinated before then isn't recommended since the vaccination can lose its potency, leaving you more exposed later in the flu season. It's never too late to get a flu shot: as long as flu viruses are circulating, vaccination can keep you healthier, even in January or later.

What does a flu shot cost?

All employees on our medical plan and their covered dependents can get free flu vaccinations. There are no age restrictions. If your provider charges you at the time of the visit, submit a claim to your carrier to receive a reimbursement.

Reminder: the CDC recommends that people with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

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What does the COVID-19 vaccine cost?

All COVID-19 vaccines provided by the US federal government are free of charge for anyone living in the United States.

If I have already received the COVID-19 vaccine, do I need to get a separate vaccination for the Delta variant?

No. The vaccines for COVID-19 are highly effective against the Delta variant.

Who should be getting a 3rd dose?

Individuals that are moderately to severely immunocompromised should receive an additional dose at least 28 days after the completion of the initial mRNA COVID 19 vaccine series.

At this time, it unclear as to when the general public will be advised to get the 3rd dose. The goal with the 3rd dose is to prevent severe disease – not mitigate mild cases altogether.
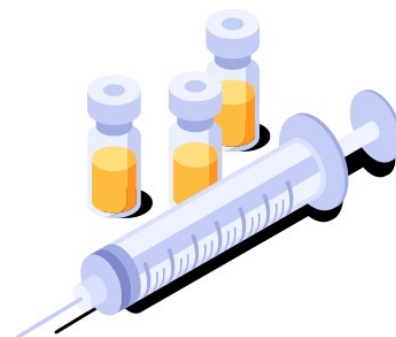
More information on the availability and recommendations for the 3rd does are expected to be announced in September.

Can I get a flu shot and a COVID-19 vaccine at the same time?

Yes. You no longer need to wait 14 days between vaccinations. Possible side effects of vaccines are generally the same when given alone or with other vaccines.

Where do I go to receive the COVID-19 vaccine?

Use vaccines.gov to find a location near you, then call or visit their website to make an appointment. You can also call **1-800-232-0233** for additional assistance. Insert company specific flu shot information, if available.

Where do I go for a flu shot?

Get your free shot! Visit your primary care physician or local pharmacy.

- CVS Health
- Fred Meyer
- Kroger Health
- Walmart Health

Sources:
https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html
https://www.cdc.gov/media/releases/2021/s0818-covid-19-booster-shots.html
https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html
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