

# IMPORTANCE OF A FLU SHOT

## UNDERSTANDING DIFFERENCES & SIMILARITIES BETWEEN THE FLU & COVID-19



Efforts to reduce the spread of COVID-19, such as stay-at-home and shelter-in-place orders, have led to decreased use of routine preventive medical services, including immunization services. Ensuring that people continue or start getting routine vaccinations during the COVID-19 pandemic is essential for protecting people and communities from vaccine-preventable diseases and outbreaks, including the flu. Routine vaccination prevents illnesses that lead to unnecessary medical visits and hospitalizations, which further strain the healthcare system.

*For the upcoming flu season, flu vaccination will be very important to reduce flu incidents, reducing the overall impact of respiratory illnesses on the population. This will help lessen the resulting burden on the healthcare system during the COVID-19 pandemic.*

A flu vaccine may also provide several individual health benefits, including:

1. Keeping you from getting sick with flu.
2. Reducing the severity of your illness if you do get flu.
3. Reducing your risk of a flu-associated hospitalization.

Source: [cdc.gov](https://www.cdc.gov)

## VACCINE FINDER

Protect your family and community. Use this helpful tool by typing in your zip code and what vaccination you need to see locations offering them near you.

[vaccinefinder.org](https://vaccinefinder.org)

### FLU SYMPTOMS

Influenza (flu) can cause mild to severe illness, and at times, can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- ✓ Fever\* or feeling feverish/chills
- ✓ Cough
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Muscle or body aches
- ✓ Headaches
- ✓ Fatigue (tiredness)
- ✓ Some people may have vomiting and diarrhea, though this is more common in children than adults.

*\*Note: Not everyone with flu will have a fever.*

### COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- ✓ Fever or chills
- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Fatigue
- ✓ Muscle or body aches
- ✓ Headache
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Congestion or runny nose
- ✓ Nausea or vomiting
- ✓ Diarrhea

*This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.*