

# This year's flu vaccine could be the most important one you ever get!

The COVID-19 pandemic can make this year's influenza (flu) season more challenging than ever. Get your flu shot early before the flu virus begins spreading in the community. Protect yourself, your family, your neighbors and coworkers.

## Why is it so important to get a flu shot this year?

It is possible to get both the flu and COVID-19. The flu shot can:

- + Save your life. Last year, more than 35 million people in the United States got sick with the flu, more than 490,000 were hospitalized and more than 34,000 died from the flu
- + Reduce your risk of getting sick with flu and needing to be admitted to the hospital
- + Reduce your risk of more serious illness and complications if you also get COVID-19

## Who should get a flu shot?



All New Yorkers should get a flu shot, but especially:\*

- + Children under 5 years old
- + Adults over 50 years old
- + Women who are pregnant or recently gave birth
- + Nursing home residents and staff
- + People with medical conditions like diabetes, asthma, HIV, kidney and heart disease
- + Adults and families who live in a NYC neighborhood hit hard by COVID-19
- + All Essential workers, especially health care workers

## What is the best way to protect yourself and others from flu and other respiratory illnesses?

- + Get the flu shot
- + Routinely wash or sanitize your hands thoroughly
- + Avoid touching your eyes, nose and mouth
- + Wear a mask, and make sure it covers your nose and mouth
- + If you feel ill, stay home and make a virtual urgent care appointment with one of our doctors
- + Get a COVID-19 test – they are free, safe and confidential

## The Flu and COVID-19 - Know the Facts

 <b>INFLUENZA (FLU)</b>	 <b>COVID-19</b>	 <b>BOTH</b>
<ul style="list-style-type: none"> <li>+ A respiratory (breathing) infection caused by the influenza virus</li> <li>+ People can be contagious, or spread from one person to another, for 7 days</li> <li>+ Can be treated with FDA-approved medicine that targets the flu virus</li> <li>+ Can be prevented with the flu vaccine</li> </ul>	<ul style="list-style-type: none"> <li>+ A respiratory infection caused by coronavirus SARS-CoV-2</li> <li>+ Symptoms can develop 2-14 days from infection</li> <li>+ Can cause loss of taste and smell</li> <li>+ Can cause blood clots in veins and arteries of lungs, heart, legs or brain</li> <li>+ May cause multisystem inflammatory syndrome in children</li> <li>+ No vaccine available</li> </ul>	<ul style="list-style-type: none"> <li>+ Contagious respiratory diseases that can cause severe illness and death</li> <li>+ Spread through droplets in the air within 6ft when someone with virus coughs, talks or sings</li> <li>+ Spread through ears, nose, mouth</li> <li>+ People can be contagious, even without symptoms</li> <li>+ Symptoms: fever, chills, cough, shortness of breath, difficulty breathing, fatigue, sore throat, runny and stuffy nose, muscle pain, body aches, headache, vomiting, diarrhea</li> <li>+ Complications: pneumonia, respiratory distress, respiratory failure, sepsis, cardiac distress</li> <li>+ It is possible to have both viruses at the same time</li> <li>+ Use of face coverings can prevent the spread</li> <li>+ Frequent hand washing can prevent the spread</li> </ul>

Flu shots are safe, quick and available at little or no cost at all NYC Health + Hospitals locations in every borough. Get your flu shot today! Visit [nychealthandhospitals.org](https://nychealthandhospitals.org) or call 1-844-NYC-4NYC (1-844-692-4692) to find a location near you.