



VACCINATE & CELEBRATE

Fewer Sick Days. More Sick Moves.

Get Flu and Updated COVID-19 Vaccines Today!

Visit your doctor's office or call us to make an appointment.

1-844-NYC-4NYC (1-844-692-4692)

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Flu and COVID-19 Vaccine – Frequently Asked Questions

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

- + It is possible to get both the flu and COVID-19.
- + Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. During the 2022-2023 flu season, flu caused an estimated 54 million flu illnesses, 650,000 flu hospitalizations, and 58,000 flu deaths.
- + Getting both the updated COVID-19 and flu vaccine will help decrease the risk of you and your family getting sick and needing medical care

Who should get a flu vaccine?

- + All New Yorkers 6 months of age and older should get a flu vaccine, but especially:
 - Adults over 50 years old
 - Pregnant and post-partum individuals
 - Nursing home residents and staff
 - People with medical conditions like diabetes, asthma, HIV, kidney and heart disease
 - All essential workers, especially healthcare workers

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

- + Get the flu vaccine and the updated COVID-19 vaccine
- + Routinely wash or sanitize your hands thoroughly
- + Avoid touching your eyes, nose and mouth
- + Practice respiratory etiquette – cover your cough and sneezes
- + Wear a high-quality mask when in crowded or confined places and make sure it covers your mouth and nose
- + If you feel ill, stay home, and reach out to your primary provider or talk to a virtual ExpressCare provider by visiting [ExpressCare.nyc](https://www.expresscare.nyc.gov) or calling 631-397-2273
- + If you feel ill, get tested including a COVID-19 test. COVID-19 testing is available by appointment at our 11 hospitals and Gotham Health Centers in every borough.

Can you receive the flu vaccine at the same time as the COVID-19 vaccine?

Yes. You can receive the flu vaccine at the same time as all other vaccines, including the updated COVID-19 vaccine.

CONTINUED

The Flu and COVID-19 – Know the Facts

Influenza (Flu)

- + A respiratory infection caused by the influenza virus
- + People can be contagious for 7 days
- + Can be treated with FDA-approved medicine that targets the flu virus
- + Flu vaccine can provide protection against infection and severe illness

COVID-19

- + A respiratory infection caused by a coronavirus, called SARS-CoV-2
- + More contagious than the flu
- + Symptoms can develop between 2-14 days
- + May cause multi-system inflammatory syndrome in children
- + May cause long-term side effects, called “Long COVID” which can include a range of symptoms that can last for weeks or months after infection
- + Can be treated with FDA-approved or authorized medication
- + COVID-19 vaccine can provide protection against infection and severe illness.

Both

- + Contagious respiratory diseases spread between people who are in close contact with one another
- + Spread by large and small particles from coughing, sneezing, or talking and inhaled into the lungs
- + People can be contagious, even without symptoms
- + Overlapping symptoms include: fever, chills, cough, shortness of breath, difficulty breathing, fatigue, sore throat, runny and stuffy nose, muscle pain, body aches, headache, vomiting, diarrhea
- + Complications: pneumonia, respiratory distress, respiratory failure, sepsis, cardiac distress
- + Can prevent and reduce chances of illness by getting vaccination, and using respiratory etiquette, and face coverings

Flu vaccines are safe, quick, and available at no out of pocket cost to patients who are vaccinated at one of our dedicated vaccination locations. Get your flu vaccine today!

Visit nychealthandhospitals.org or call 1-844-NYC-4NYC (1-844-692-4692) to find a location near you.