

BEST
SCENARIO
FILM FESTIVAL

NYC HEALTH + HOSPITALS PRESENTS

PREVENT THE FLU

STARRING YOU

GENERAL AUDIENCES
ALL AGES ADMITTED



NYC
HEALTH+
HOSPITALS

★★★★★
YOUR DOCTOR

★★★★★
PERSON NEXT TO YOU ON THE SUBWAY

★★★★★
YOUR FAMILY

GET YOUR FLU VACCINE TODAY!

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

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

Flu Vaccine – Frequently Asked Questions

Who should get a flu vaccine?

- + All New Yorkers 6 months of age and older should get a flu vaccine, but especially:*
- + Children younger than 5 years
- + Adults over 50 years old
- + Pregnant and post-partum women
- + People with chronic medical conditions like diabetes, asthma, HIV, obesity kidney and heart disease
- + Residents and staff of nursing homes or long-term care facilities
- + All essential workers, especially healthcare workers

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 2023-2024 flu season, flu caused an estimated 40 million flu illnesses, 470,000 flu hospitalizations, and 28,000 flu deaths.
- + The flu and COVID-19 are caused by different viruses. Therefore, although the flu vaccine will not prevent COVID-19, it will reduce the added burden of flu illnesses, hospitalizations and deaths in our community and its impact to the health care system.

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

- + Get the updated flu vaccine and the updated COVID-19 vaccine each respiratory virus season
- + Routinely wash or sanitize your hands thoroughly
- + Practice respiratory etiquette – cover your cough and sneezes
- + Avoid touching your eyes, nose and mouth
- + Avoid close-contact with individuals who are ill
- + Wear a high-quality mask when in crowded or confined places with people you do not know 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) or calling 631-397-2273.
- + If you feel ill, get tested for flu and COVID-19

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 other vaccines, including the COVID-19 vaccine, and, if you are eligible, RSV vaccine.

Influenza (Flu)

- + A respiratory infection caused by the influenza virus
- + Transmission occurs through respiratory droplets, aerosols and contact with contaminated surfaces
- + Most people with the flu are infectious to others approximately 1 day before symptom onset until 5-7 days after symptom onset
- + Can be treated with FDA-approved anti-viral medicines that target the flu virus

COVID-19

- + A respiratory infection caused by a coronavirus, called SARS-CoV-2
- + May be more contagious than the flu
- + Transmission occurs through respiratory droplets and aerosols
- + Symptoms of COVID-19 typically begin about 4-5 days after exposure to the virus
- + 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 anti-viral medication

Both

- + Have overlapping symptoms including: fever, chills, cough, shortness of breath, difficulty breathing, fatigue, sore throat, runny and stuffy nose, muscle pain, body aches, headache, vomiting, diarrhea
- + Both the flu and COVID-19 vaccine can prevent and reduce your chances of developing severe illness.

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.