Protect Yourself, Your Family, and the People You Care About with Flu and COVID-19 Vaccines

What is flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses but they are caused by different viruses. Both can make people sick and cause:

- Fever
- Headache
- Body aches/chills
- Cough
- Fatigue or feeling very tired
- Trouble breathing
- Pneumonia (lung disease)
- Other serious risks, including need for hospital care or death

If you have any of these symptoms, it's important to go to a health center to get tested and get treatment. Getting treated early can reduce your risk of getting very sick.

Do flu & COVID-19 vaccines prevent me from getting sick?

These vaccines work very well to keep you and your family from getting very sick. People can still get sick with the flu or COVID-19 after being vaccinated; however, people who have had (or got) the vaccine are less likely to get severe symptoms or complications.

Who should get flu and COVID-19 vaccines?

Everyone 6 months of age or older can get both flu and COVID-19 vaccines every fall or winter.

People who are more at risk of getting very sick from these viruses may be recommended to get additional COVID-19 vaccine doses, including people with weak immune systems whose bodies have a harder time fighting off viruses or with health conditions like diabetes or heart disease, and those who are 65 years or older.

Can I get both flu and COVID-19 vaccines at the same time?

Yes, getting the flu and COVID-19 vaccine at the same time is safe, helps you stay protected from both. It can also help you save time by getting two vaccines in one visit/appointment.

Do I need to get these vaccines if I've already gotten them before?

Each year vaccines are updated to protect us from viruses that are always changing. That's why staying up to date on your flu and COVID-19 vaccines is so important. The vaccines help keep you, your family, and the people you care about healthy and helps you not miss days of work or school.

Does the flu vaccine protect me against bird flu?

No. The flu vaccine protects against the regular seasonal flu. If you work with farm animals like poultry and cows, you are at higher risk for getting bird flu because sick animals can spread the virus to people through their saliva, feces, and other bodily fluids.

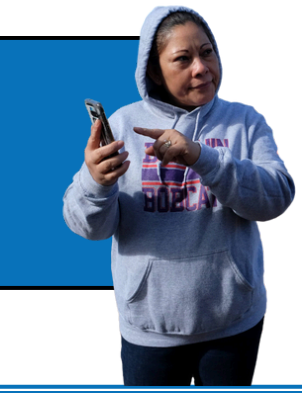
Getting a flu vaccine can lower your risk of getting sick with the regular seasonal flu. Since it is possible to get sick with both the seasonal flu and bird flu at the same time, it's important to stay protected against the seasonal flu to lower your risk of being sick with multiple viruses.

Are there any side effects of flu and COVID-19 vaccines?

Side effects usually last a short time, are mild and may include arm pain, fever, body aches, and chills.

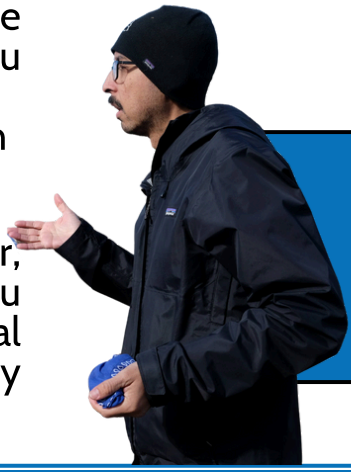
Where can I get vaccinated?

It's easy to get vaccinated against flu and COVID-19 to protect yourself, your family, and the people you care about.



It's easy to get vaccinated against flu and COVID-19 to protect yourself, your family, and the people you care about. Visit MyTurn.ca.gov to find a vaccine site near you or contact the National Center for Farmworker Health Call for Health Helpline at +1 (800) 377-9968 or through WhatsApp at + (737) 999-4162 to learn more.

Your local health department, health care provider, pharmacy, or clinic may also offer these vaccines. If you do not have health insurance, you can ask your local health center, health department or pharmacy for any discounts to help you cover the cost.



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