

Flu Shots and COVID-19

If you could do something now that takes 10 minutes and it would protect you and your family, would you do it?

It is CRITICAL that everyone gets a flu shot this year.

Flu Shot Q&A

Question	Answer
Who should get the flu shot?	Everyone over 6 years old, including those vaccinated last year.
Why bother? I never get the flu.	It protects not just you but everyone you come in contact with.
I don't want to be exposed to any virus by going somewhere to get a shot.	Plan ahead. Make an appointment, wash your hands before and after, and wear a mask.
Is the shot expensive?	Under the County health plan, flu vaccination is covered at 100%.
Won't the shot make me sick?	The flu vaccine can not cause the flu but you can feel mild side effects.
But I can still get the flu even after getting the vaccine.	You can; however, the symptoms will be milder.
Will the vaccine protect me from COVID-19?	It does not offer protection against the COVID-19 virus.
If I have flu-like symptoms, how will I know if I have the flu or COVID-19?	The loss of taste/smell may indicate COVID-19 but the only way to really know is to get tested.



Where can I get a flu shot?

At your network physician's office, pharmacies, convenience clinics, and some grocery stores. Some offer gift cards.

For more information, visit the Centers for Disease Control website at www.cdc.gov/flu or contact UHC Nurse Liaison Amy Hertog at (727) 464-5579 or amy_hertog@uhc.com.