

COVID-19 and Flu Season

- **When is flu season? Will COVID-19 be around during flu season in the fall and winter?**

It's likely that flu viruses and the virus that causes COVID-19 will both be spreading in the fall and winter. Flu activity often begins to increase in October and then peaks between December and February, although flu activity can also last as late as May.

- **Can I have COVID-19 and the flu at the same time?**

Yes. It is possible have the flu (as well as other respiratory illnesses) and COVID-19 at the same time. Experts are still studying how common this can be.

- **What can I do to prevent the flu?**

The Centers for Disease Control and Prevention (CDC) recommends that all people 6 months and older get a yearly flu vaccine to prevent the occurrence and severity of the flu.

- **Will a flu shot protect me against COVID-19?**

The flu vaccine will not protect against COVID-19. However, flu vaccines reduce the risk and severity of the flu, which is especially important this year, since health care resources may be scarce.

- **When should I get a flu shot? Should I get it earlier than I normally do?**

According to the CDC, September and October are good times to get vaccinated. Getting vaccinated any earlier isn't recommended since the vaccination can lose its potency, leaving you more exposed later in the flu season.

- **How much does a flu shot cost?**

Flu vaccinations are free for all employees and their dependents covered under our medical plan.

- **Where do I go for a flu shot?**

Contact your primary care physician (PCP) to schedule an appointment or visit your local pharmacy.