



## Frequently Asked Questions

### 1. Why should I get the flu shot?

Influenza – the “flu” – is a respiratory disease caused by the influenza virus. It can cause mild to serious illness. Even healthy people can become very ill from the flu. Flu and pneumonia, which can develop as a complication of the flu, are the 3<sup>rd</sup> leading cause of death in NYC.

Getting a flu vaccine is the most important thing you can do to help protect yourself, your loved ones, and your community from the flu. If you do get the flu, the vaccine can reduce the risk of serious outcomes that can lead to hospitalization and death. Everyone aged 6 months and older should get the flu vaccine every year.

This year, it is especially important to get the flu vaccine to reduce your risk of developing the flu and your risk of needing medical care due to flu. By reducing your risk of needing medical care due to flu, you will help conserve potentially scarce health care resources during the COVID-19 pandemic.

### 2. Where can I get the flu shot?

The flu shot is available at **no cost** to employees, pre-Medicare retirees and dependents in 3 different ways:

**WorkWell NYC clinics:** Flu shots will be available for employees at select worksite locations in Brooklyn, the Bronx, Manhattan, and Queens. WorkWell NYC flu shot clinics are open to ALL benefits-eligible City employees, regardless of agency, work location, or insurance coverage. To find upcoming clinic dates and locations or to schedule an appointment, visit [nyc.gov/workwellnyc](https://nyc.gov/workwellnyc). A limited number of City agencies may also host onsite flu shot clinics for employees, so watch for announcements from your agency.

**Participating pharmacies:** City employees, pre-Medicare retirees and their dependents can walk into any participating pharmacy to receive a free flu shot. You can use the NYC flu locator at [nyc.gov/flu](https://nyc.gov/flu) to find a pharmacy near you. Check with your insurance provider to make sure the pharmacy you choose participates in your plan. Be sure to provide your medical insurance card to the pharmacy.

**In-network medical offices and clinics.** City employees, pre-Medicare retirees and dependents can visit an in-network medical office or clinic to get a flu shot. The visit co-pay will be waived when the sole purpose of going to the doctor is to get your flu vaccine. Contact your insurance provider for more information. To find a provider covered by your insurance, contact your [health plan](#). Primary care physicians are generally more likely to provide flu vaccine, but some specialists may also offer it. Check with your doctor.

### 3. When should I get my flu shot?

The vaccine is fully effective two weeks after it is administered. It is best to get vaccinated by the end of October but getting vaccinated anytime during flu season provides protection.





## Flu and COVID-19

### 4. Will the flu shot protect me from COVID-19?

Getting a flu vaccine will not protect against COVID-19. However, flu vaccination has many important benefits. The vaccine can reduce the risk of serious complications that can lead to hospitalization and death. Getting a flu shot each year is the best protection from the flu. This year, it is especially important to get the flu vaccine to reduce your risk of developing the flu and needing medical care. By reducing your risk of needing medical care for flu, you will help conserve potentially scarce health care resources during the COVID-19 pandemic. To learn more about COVID-19 and flu, visit <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>.

### 5. How can I safely get a flu shot if COVID-19 is spreading in my community?

Getting a flu vaccine is an essential part of protecting your health and precautions have been put in place to ensure that flu shots can be given safely, such as requiring face coverings, enforcing social distancing, sanitizing frequently, and using personal protective equipment (PPE) like gloves and masks. When you leave the house to get your flu shot, make sure to wear a face covering, maintain social distance where possible, and wash your hands frequently. For information about safety precautions at WorkWell NYC clinics, please see question 8. For more information about safety precautions at pharmacies or medical offices, please contact your pharmacy or provider directly.

## WorkWell NYC Clinics

### 6. What type of vaccine will be available at WorkWell NYC clinics?

WorkWell NYC clinics will offer quadrivalent flu vaccine. Additionally, a limited supply of vaccines specifically designed for those 65 years and older are available upon request, while supplies last.

### 7. What should I wear to make it easier to get the flu shot?

The vaccine is administered in the upper arm, so wear short sleeves or clothing that allows for easy exposure of your upper arm/shoulder. Privacy screens are available for those who need to remove their shirt to receive the vaccine. Face coverings are also required at all WorkWell NYC clinics this year.





## 8. Are there any new protocols for WorkWell NYC flu shot clinics related to COVID-19?

Clinic protocols have been updated for 2020 to ensure the safety of both nurses and employees. Employees must wear face coverings to receive their flu shot. All employees should make an appointment for their shot at [www.apschedule.com/nycflu](http://www.apschedule.com/nycflu) (username: nyc, password: flu) and arrive at their scheduled appointment time. To maintain social distancing, walk-ins will not be permitted unless otherwise specified. Employees should fill out their consent forms before arriving to minimize the time they spend at the clinic.

Nurses will wear personal protective equipment (PPE), including a N95 mask or medical equivalent, a disposable lab coat, gloves, and eye shields while performing all vaccinations. Nurses will change their gloves between every patient and use hand sanitizer whenever gloves are changed. Nurse stations will be disinfected after each vaccination.

## 9. What should I bring with me to get my flu vaccine?

Please bring your **employee ID card** to get your flu shot at the workplace. Face coverings are also required at all WorkWell NYC clinics.

To get your flu shot at an in-network doctor's office or a participating pharmacy, please bring your **medical insurance card**.

## 10. Can I get proof of vaccination after getting my flu shot at a WorkWell NYC clinic?

Yes, please email [myresults@affiliatedphysicians.com](mailto:myresults@affiliatedphysicians.com) with your full name, date of birth, date and location of the vaccination. You should provide your doctor with a record of your flu vaccine each year.

## 11. Will there be a flu shot available for people 65 and over?

Yes, vaccines specifically designed for those 65 years and older are available upon request at WorkWell NYC clinics, while supplies last. Contact your pharmacy or doctor's office for details about what vaccines they provide.

## 12. Will thimerosal-free flu shots be available?

Yes, a limited supply of thimerosal-free flu shots will be available upon request at WorkWell NYC clinics, while supplies last. Contact your pharmacy or doctor's office for details about what vaccines they provide.

## 13. Will the nasal spray be available?

The live attenuated flu vaccine, commonly known as FluMist, will **not** be available at WorkWell NYC clinics. Contact your pharmacy or doctor's office for details about what vaccines they provide.





## Safety and Effectiveness

### 14. Why do I need to receive the flu vaccine every year?

Flu viruses are always changing, and flu vaccines are updated every season to protect against new strains that are expected to be circulating in the community. Immune protection from vaccination declines over time. To ensure your protection each flu season, you need a new dose of vaccine each year. The flu vaccine will prevent many flu infections. If you do get the flu, the vaccine can reduce the risk of serious outcomes that can lead to hospitalization and death.

### 15. Can the flu shot cause the flu?

No. The flu shot only contains inactivated (killed) virus or with only a single protein from the flu virus and cannot cause the flu. The nasal spray vaccine contains live viruses that are attenuated (weakened) so that they will not cause illness.

### 16. Are there any side effects to the flu shot?

Common side effects include soreness, redness and swelling at the injection site, low fever and feeling achy and tired. Serious side effects are very rare. Ask your doctor or clinician if you have concerns about side effects.

### 17. Is the flu vaccine safe?

Flu vaccines have been given for well over 50 years and have a very good safety track record. The vaccines are made the same way each year, and their safety is closely monitored by the Centers for Disease Control and Prevention and the Food and Drug Administration. Hundreds of millions of flu vaccines have been given safely. Visit <https://www.cdc.gov/flu/prevent/general.htm> to learn more.

### 18. If I have a cold, can I get the flu shot?

Yes, as long as your symptoms are mild you can get the vaccine. Mild illness does not affect the flu vaccine.





## Special Populations

### 19. If I am pregnant, can I get the flu shot?

Yes. The flu can be dangerous to pregnant persons and their newborn infants. Anyone who is pregnant or post-partum during the flu season should receive a flu shot. Flu vaccination during pregnancy has been shown to protect both the pregnant individual and the newborn baby (who cannot be vaccinated until 6 months of age) from flu. Pregnant people can receive the flu vaccine at any point in their pregnancy. They should not receive the nasal spray flu vaccine (FluMist) or a special flu vaccine called cell cultured vaccine. All pregnant people can receive the flu shot at WorkWell NYC clinics. Talk with your obstetrician or health care provider first if you have any questions or concerns. Visit [www.cdc.gov/flu/protect/vaccine/pregnant.htm](http://www.cdc.gov/flu/protect/vaccine/pregnant.htm) to learn more.

### 20. What about vaccines for children?

Children under 6 months are too young for the vaccine; their caregivers should make sure to get vaccinated. All individuals 6 months and older, should receive the flu vaccine every year.

Children 6 months to 5 years of age who attend a New York City-licensed childcare or nursery school, Head Start, or pre-kindergarten must get one dose of flu vaccine between July 1 and December 31 every year.

### 21. Who needs two doses of flu vaccine?

Some children 6 months through 8 years of age will need two doses of flu vaccine for adequate protection from influenza. All children who have received two doses of vaccine at any time in the past only need one dose of vaccine this season. The first dose should be given as soon as the vaccine becomes available. The second dose should be given at least 28 days after the first dose. A pediatrician or health care provider can determine the appropriate flu shot schedule for your child.

