

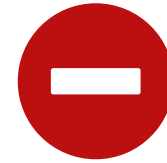


COVID-19 & FLU

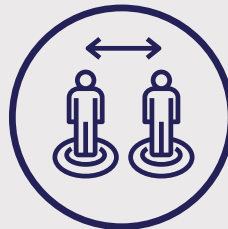
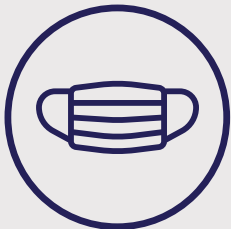
WHAT YOU NEED TO KNOW



- ✓ Influenza (flu) and COVID-19 are both **contagious respiratory illnesses**, but they are caused by different viruses.
- ✓ It is **difficult to tell the difference** between flu and COVID-19 based on symptoms alone.
- ✓ It is best to get your flu shot **before October ends**, but anytime during flu season is okay.
- ✓ Anyone can become **seriously sick** from the flu, even healthy people.
- ✓ There are **no co-pays** for flu shots for employees, pre-Medicare retirees and dependents.
- ✓ It's very important to get a flu shot if you **are at higher risk** of being exposed to the flu or developing serious flu and COVID-19 complications.



- ✗ There is currently **no vaccine for COVID-19**.
- ✗ Getting a **flu shot will not protect you from COVID-19**, but it will help protect you from the flu and its complications.
- ✗ **You cannot get the flu or COVID-19 from the flu shot.** The flu shot contains killed or weakened flu virus and cannot cause the flu or COVID-19.
- ✗ There is **no age limit** on flu vaccinations. **Everyone 6 months and older** should get a flu shot.
- ✗ The flu shot you got last season **will not protect you in 2020. You need to get a new flu shot each fall.**



GET A FLU SHOT: [ON.NYC.GOV/FLUCLINIC](https://on.nyc.gov/fluclinic)
LEARN MORE: [ON.NYC.GOV/WWNYCFLU](https://on.nyc.gov/wwnycflu)