



The Flu & You

Who should get the flu vaccine?

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The flu vaccine (influenza vaccination) is recommended for people **6 months or older**. All eligible people especially those with **underlying conditions** and those **at higher risk** should get a flu vaccine.

What are the symptoms of the flu?

- ✓ Fever or feeling feverish.
- ✓ Chills.
- ✓ Cough.
- ✓ Sore throat.
- ✓ Runny or stuffy nose.
- ✓ Muscle or body aches.
- ✓ Headaches.
- ✓ Fatigue (tiredness).
- ✓ Vomiting and diarrhea, though this is more common in children than adults.

Why should I get the flu vaccine?

Getting your annual flu vaccine can **stop you from getting symptoms** of the flu.

It is especially important this year as the symptoms of the flu are **very similar to the symptoms of COVID-19**. Getting the flu vaccine can prevent you from becoming ill with the flu and **reduce the risk of confusion** with COVID-19.

Without the flu vaccine and with the added risk of COVID-19, your chances of severe illness and even death **increase significantly**.

If you get the flu shot, there is a small chance you might still get the flu. However, if you do, the illness is usually **mild and lasts for a shortened period of time**.

When should I get a flu vaccine?

You should get your flu vaccine **before the flu virus begins spreading** in your community. The Centers for Disease Control and Prevention (CDC) recommends that people get a flu vaccine **by the end of October**. However, even if you cannot get your flu vaccine early, you should still **get it anytime during flu season**, which lasts until April.

Where can I get a flu vaccine?



Large pharmacies such as CVS, Walgreens, Rite Aid, Duane Reade, and/or your local pharmacy.

Your **doctor's office**

If you need help finding a location or scheduling an appointment, contact your Care Design NY Care Manager.

Pre-Flu Vaccine: Speak to your doctor

- ✓ If you have an allergy to eggs.
- ✓ If you are feeling unwell when you want to get the flu vaccine.
- ✓ If you have had a bad reaction in the past to the flu vaccine.
- ✓ If you ever had Guillain-Barré Syndrome (a severe paralyzing illness).
- ✓ If you have questions about getting the COVID-19 vaccine and the flu vaccine at the same time.

Where can I find more information?

Your doctor can answer your questions about the flu and the flu vaccine. Your Care Design NY Care Manager can help you connect to additional resources from the CDC website: [cdc.gov/flu](https://www.cdc.gov/flu)

