GET THE FACTS.
COVID-19 AND THE FLU

COVID-19 is a serious illness. Getting the flu can be dangerous anytime, but especially this year because:

- ✓ People who get the flu and COVID-19 at the same time may be at even higher risk for severe complications and death.

- ✓ If you get very sick with the flu it can be difficult to get medical help. Doctors and hospitals may not be able to take care of as many flu patients as they normally do because there are so many people sick with COVID-19.

GET TESTED TO KNOW FOR SURE

The symptoms of COVID-19 and the symptoms of the seasonal influenza (flu) are very similar:

- Fever
- Cough
- Shortness of breath
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting and diarrhea

The only way to know for sure whether you have COVID-19 or the flu is to get tested.

Get the COVID-19 vaccine and the flu vaccine for the most protection

- Both the flu vaccine and the COVID-19 vaccine protect you, your family, and your community.

- Both vaccines make it less likely for you to get sick and spread illness to others. They also prevent you from getting dangerously ill if you do get sick.

NRC-RIM
National Resource Center for Refugees, Immigrants, and Migrants

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For more information: cdc.gov/coronavirus

FLU VACCINES AND COVID-19 VACCINES ARE SAFE

- It is safe and effective to get both the COVID-19 vaccine and the flu vaccine at the same time.

- Children who are not yet old enough for the COVID-19 vaccine can receive a flu shot.

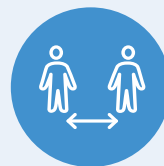## PROTECT YOURSELF AND YOUR COMMUNITY FROM THE FLU AND COVID-19

Stay home from work, school or social events anytime you feel sick

Get both the COVID-19 vaccine and flu vaccine

Wear a mask, even if you're vaccinated.

Practice social distancing.

Wash hands and surfaces frequently.