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## COVID-19 and the Flu

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## Why get a Flu Shot?

The Flu vaccine can reduce serious illness, such as lower respiratory tract infections that lead to hospitalization and death in COPD patients.

Research shows that going to a clinic for a flu shot is LOW risk.

## Who Should Get Vaccinated?

It's especially important for older adults, immunocompromised individuals, pregnant individuals, and healthcare workers to get vaccinated.

Reduce overcrowding in hospitals and protect others by protecting yourself!



#AvoidDoubleTrouble

# Covid-19 and the Flu

### MYTH:

Receiving the flu vaccine this season will increase my risk for contracting COVID-19

## Co-Infection (Covid + Flu)

The Flu and COVID-19 both present with respiratory symptoms.

Without vaccination, up to 60% of COVID deaths may be attributable to influenza co-infection.

Avoid co-infection and know what your symptoms are attributed to.

Scan below for  
Flu shot locations  
near you:

