

# COVID-19 AND THE FLU

## Answering common vaccine questions

COVID-19 and the flu can cause many of the same – potentially serious – symptoms. However, as guidance from the Centers for Disease Control and Prevention (CDC) reflects, there are safe and effective vaccines available to fight both viruses. Below are answers to common vaccine questions, based on CDC guidance, to help in your decision to vaccinate against COVID-19 and the flu.

<p><b>Who do experts recommend get a COVID-19 vaccine or flu shot?</b></p>	<p><b>How do COVID-19 and flu vaccines help people?</b></p>	<p><b>How do these vaccines work?</b></p>	<p><b>Do the vaccines hurt?</b></p>	<p><b>Is it safe to get a COVID-19 vaccine and the flu shot at the same visit?</b></p>	<p><b>Will these vaccines make me sick?</b></p>	<p><b>Will the vaccines keep me from getting COVID-19 or the flu in the future?</b></p>
<p></p> <p>For COVID-19, everyone 5 and older. For the flu shot, anyone over 6 months old.</p>	<p></p> <p>They help slow down infections in the community and prevent serious illness, which lowers the risk of hospitalization or death.</p>	<p></p> <p>They train the immune cells in the body to recognize the virus so they can fight it in the future. For COVID-19 and the flu, the vaccines can be injected. There is also an intranasal spray vaccine available for the flu.</p>	<p></p> <p>Your arm may be sore at the site of the injection, but it should go away in 2 to 3 days.</p>	<p></p> <p>It's safe to get both vaccines in one visit. Research shows the flu shot can be given along with the COVID-19 vaccine, or even alongside childhood vaccines.</p>	<p></p> <p>Neither the COVID-19 vaccine or the flu vaccine has the ability to infect you or make you sick with the virus.</p>	<p></p> <p>Yes, these vaccines do help prevent infection most of the time. Even if you do get sick after vaccination, the vaccines will help reduce the severity of your symptoms.</p>

Visit the CDC website, [cdc.gov](https://www.cdc.gov), for the most up-to-date information on the COVID-19 vaccines and the flu shot.

Source: Centers for Disease Control and Prevention, [cdc.gov](https://www.cdc.gov).

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