Annual influenza ‘flu’ vaccination is recommended for all people aged 6 months and over.

As cold weather forces people indoors both the influenza and COVID-19 viruses could flourish. With our schools, communities and our economy reopening, it is vital for everyone to get a flu shot for community protection.

**Both COVID-19 and flu** can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Muscle pain or body aches
- Cough
- Fatigue (tiredness)
- Shortness of breath or difficulty breathing
- Runny or stuffy nose
- Sore throat
- Headache
- Vomiting and diarrhea, though this is more common in children than adults

Differences: Other signs and symptoms of COVID-19, different from the flu, may include change in or loss of taste or smell.

**SCHEDULE YOUR FLU VACCINE!** While the flu vaccine will not protect you against COVID-19, it will reduce your risk of developing influenza, or reduce the severity of the flu.

**PREVENTION:** COVID-19 may be spread to others by people before they begin showing symptoms, when they have mild symptoms or they may never have symptoms and be asymptomatic. **PRACTICE THE 3 W's:** Wear a face covering, Wash your hands and Wait 6 feet from others.

**STAY HOME** if you are sick. It will help slow the spread and protect those most at risk of serious complications.

For more information about influenza and the flu vaccine, visit www.cdc.gov.