

# FLU SHOT FAQs

## WILL THE FLU VACCINE PROTECT ME FROM COVID-19?

This year's flu vaccine only offers protection against the flu. A COVID-19 vaccine is in development.

## WHEN WILL THE COVID-19 VACCINE BE AVAILABLE?

This is still unknown. Projections estimate late fall/early winter.

## WILL WEARING A MASK HELP KEEP ME FROM GETTING THE FLU?

YES! Like with COVID-19, wearing a mask offers you protection and also helps keep you from spreading the disease.

## WHY SHOULD I GET THE FLU SHOT EVERY YEAR?

Every flu season is different. The vaccine is changed every year to keep up with rapidly adapting flu viruses. Also, antibody levels from earlier vaccines decline over time.

## DOES MEDICARE COVER FLU SHOTS EVERY YEAR?

Yes.

## WHAT TYPE OF VACCINE SHOULD I GET, AND WHY?

If you are an adult aged 65 and older, consider getting the high dose shot. Older adults produce 50 to 75 percent fewer antibodies than younger adults and this vaccine offers an additional boost.

## WHEN IS THE BEST TIME TO GET THE FLU VACCINE?

The best times are between early September and late October. Arizona often peaks for flu as late as January/February.

## CAN I GET THE FLU FROM GETTING THE FLU VACCINE?

No. Sometimes people report having mild side effects to flu vaccinations.

## WHAT ARE THE POSSIBLE SIDE EFFECTS FROM THE FLU VACCINES?

The most common side effects from flu shots are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. If these symptoms occur, they usually begin soon after the shot and last 1-2 days.

