



Get Answers to Your Flu Shot Questions

Because viruses weaken the immune system, catching the flu can make you more vulnerable to COVID-19. If you get the flu and the coronavirus at the same time, you could become even more ill. The best way to prevent the flu? An annual flu shot. Let's take a look at the six most common questions about the flu vaccine. For more information, visit [cdc.gov/flu](https://www.cdc.gov/flu).

If you get a flu vaccination at a pharmacy, public health department, flu clinic or other location, you may be eligible for reimbursement from your health insurance. Please check with your health plan directly to understand their benefits regarding vaccination reimbursement.

1 What is the flu?

Flu is caused by the influenza virus. It is a different virus than COVID-19. It affects the nose, throat and sometimes the lungs. The best way to prevent the flu is by getting a flu shot.

2 Can the flu shot give me the flu?

No. You might get a fever and body aches for a day or two after the flu shot. This is **NOT** the flu. It is a reaction to the shot.

3 Who should get a flu shot?

Every person older than 6 months old should get a flu shot once a year. If you think you shouldn't get a flu shot, talk with your doctor to make sure.

4 When can I get a flu shot?

Flu shots are given every year starting in September. It's a good idea to get the flu shot before Thanksgiving.

5 What kinds of flu shots are there?

- One type for young children
- One type for people ages 18 to 64
- One type for people ages 65 and older
- There is also a nasal spray vaccine for people ages 2 to 49

6 Where can I get my flu shot?

Your primary care physician's office, your specialty physician's office, urgent care, or your local pharmacy.

Payment: Call before you go to make sure your doctor or pharmacy has the flu shot. Take your insurance card. Some pharmacies will bill your insurance and you pay nothing. Or, the pharmacy may want you to pay up front and ask you to send the receipt to your insurance to be reimbursed.