

CAN YOU GET THE FLU SHOT & THE COVID-19 VACCINE AT THE SAME TIME?



The flu vaccination is recommended for everyone 6 months and older, with [few exceptions](#). The flu vaccine will protect against the four viruses that research indicates will be most common this year.

Can I get a COVID-19 vaccine and a flu shot during the same visit?

- Yes, you can get a COVID-19 vaccine and a flu shot at the same time.
- Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.
- If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.

Will a flu vaccine protect me against COVID-19?

- No, Flu vaccines are not designed to protect against COVID-19. Flu vaccination reduces the risk of flu illness, hospitalization and death.
- Likewise, getting a COVID-19 vaccine is the best protection against COVID-19, but those vaccines are not designed to protect against flu.

If COVID-19 is spreading in my community, should I still go out to get a flu vaccine?

- Yes. Getting a flu vaccine is an important part of protecting your health and your family's health every year. Take recommended safety measures to protect yourself from COVID-19 while getting your flu vaccine.

If I get sick with the flu, am I at higher risk of getting COVID-19?

- Because COVID-19 is still a new illness, we don't have a lot of information about how flu illness might affect a person's risk of getting COVID-19. We do know that people can be infected with flu viruses and the virus that causes COVID-19 at the same time.

Where can I get a flu and/or COVID-19 vaccine in Sacramento?

- Visit [SacVax.com](https://www.sacvax.com) for a list of combined Adult & Family Flu and/or COVID-19 Vaccine Clinics.
- Most pharmacies and medical providers offer flu and/or COVID-19 vaccines.
- You can make an online appointment at <https://myturn.ca.gov/> for the COVID-19 vaccine.
- If you need help making an appointment you can call 211 or (916) 529-4519.

