

# ONE LESS WORRY

It is safe to get an updated COVID-19 vaccine and a flu shot at the same time — the sooner the better.



- Flu and COVID-19 are caused by different viruses. Both are easily spread.
- People can be infected with both a flu virus and the virus that causes COVID-19 at the same time.
- People vaccinated against both COVID-19 and the flu significantly reduce their chances of severe illness from either/both of these viruses.

Scan for more information on  
COVID-19 and Flu Vaccines



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