



### Intro copy

*While COVID-19 is still top of mind for much of the general public, it's important for us to get the word out about getting vaccinated against the flu. This month's focus is on encouraging those who might already be getting their COVID-19 vaccine to also get their flu shot, noting that the best way to protect oneself against COVID-19 is also the best way to lessen the chances of getting the flu.*

LINK: <https://www.aha.org/ahia/promoting-healthy-communities/united-against-flu>

### Messages

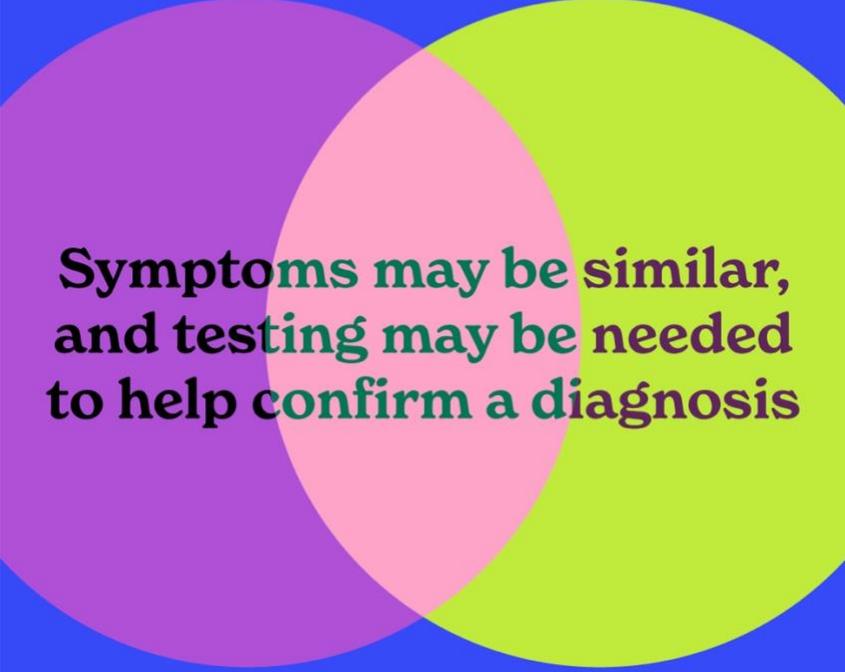
1. Preventative Measures - #InfectionPrevention (for both flu and COVID-19)
  - Take these preventative actions against the spread of infection:
    -  Wash your Hands
    -  Avoid close contact with those who are sick
    -  Wear A Mask Over Your Nose And Mouth
    -  Cover your coughs and sneezes
    -  Get your flu and COVID-19 vaccines
    -  Talk to your doctor if you have questions
  - The best way to prevent yourself and others from getting sick this flu season is by getting vaccinated. Get your flu shot and #COVID19 vaccine to help keep your community safe. #InfectionPrevention
  - Have children who are now eligible to receive the #COVID19 vaccine? When it's time for the family to get vaccinated against the flu, be sure to ask about getting the COVID-19 shot as well! #UnitedAgainstFlu
  - Getting a flu vaccine is the first and most important step you can take to help protect yourself and your family . Ask your provider if getting the #COVID19 vaccine at the same time is right for you.
  - Getting vaccinated against both #flu and #COVID19 are the two best ways to protect yourself and your family, and to get back to all the things you want to do.
2. Vaccination (flu shot and COVID-19 vaccines respectively)
  - The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. That's why it is important to get vaccinated against both. Protect yourself and your family by getting both the #COVID19 and flu shot in the same visit. #UnitedAgainstFlu
  - Did you know that you can be infected with both the flu and the virus that causes COVID-19 at the same time? That means battling the symptoms of both viruses at once. Protect yourself and your family, get your flu shot and COVID-19 vaccine -- you can get them both in the same visit! #UnitedAgainstFlu

- For most, flu vaccines have very mild side effects (and the flu vaccines do NOT give you the flu), and they can protect you and your family from becoming seriously ill. You can get both the #COVID19 and flu vaccines in the same visit – learn more here: #UnitedAgainstFlu
  - Both COVID-19 and the flu can cause severe illness and complications. Older adults, those with underlying medical conditions, and expecting mothers are among those at the highest risk for developing complications. Protect yourself and your family from infection -- get vaccinated. #UnitedAgainstFlu
  - It is recommended that everyone aged 6 months and older should get a yearly flu vaccine. Vaccination is the most important step in protecting yourself and your community against the flu.
3. COVID-19 vs. Flu comparison
- Despite being caused by different viruses, flu and #COVID19 have a lot in common, including similar symptoms, ease of transmission, and the ability to result in severe illness such as pneumonia, respiratory failure, secondary infections or even death. Get more information here:  
<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>
  - Both #COVID19 and the flu have similar symptoms and require testing to determine what illness you might have. Getting vaccinated against both the flu and #COVID19 can give you and your family peace of mind. Learn more:  
<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>
  - While the flu and #COVID19 are spread similarly, the virus that causes COVID-19 is generally more contagious than flu viruses. Read more here:  
<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>
  - Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms to severe symptoms. Because they have similar symptoms, testing may be needed to confirm a diagnosis. (Link to United Against Flu)

GRAPHICS:

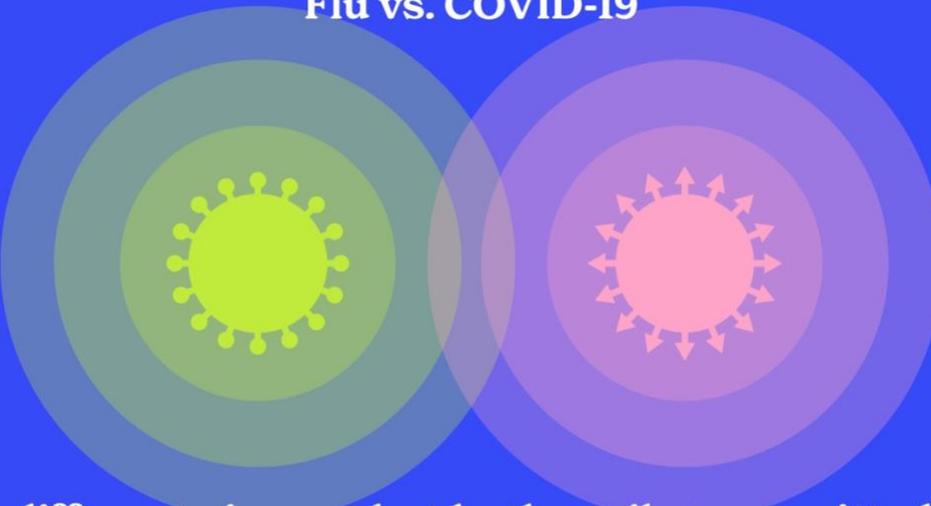
[https://drive.google.com/drive/folders/12g6gYzRTdWwbjDxJIPeG-\\_QCesHFOCfD?usp=sharing](https://drive.google.com/drive/folders/12g6gYzRTdWwbjDxJIPeG-_QCesHFOCfD?usp=sharing)

## Flu vs. COVID-19



**Symptoms may be similar,  
and testing may be needed  
to help confirm a diagnosis**

## Flu vs. COVID-19



**different viruses, but both easily transmitted**

The Flu

COVID-19

Flu symptoms may be shorter, but both the flu and COVID-19 can result in severe illness or even death.

Symptoms for 3-14 days

Symptoms for 7-21 days

This infographic features a purple background with a large, stylized bracket on the left side. The bracket is composed of two nested shapes: an outer light green one and an inner light pink one. The text 'The Flu' is written vertically in white inside the green shape, and 'COVID-19' is written vertically in white inside the pink shape. To the right of the bracket, white text states: 'Flu symptoms may be shorter, but both the flu and COVID-19 can result in severe illness or even death.' At the bottom of the bracket, two horizontal bars are present: a brown one labeled 'Symptoms for 3-14 days' and a pink one labeled 'Symptoms for 7-21 days'.

Infection Prevention

Get a Flu Shot!

This graphic has a purple background with a large, stylized bracket on the right side. The bracket is composed of four nested shapes: an outer blue one, an inner light green one, a light pink one, and a purple one. The text 'Infection Prevention' is written in blue at the top left. The text 'Get a Flu Shot!' is written in white in the center of the purple bracket.