

# No flu for me this year

Protect yourself from  
seasonal flu viruses

The Centers for Disease Control and Prevention (CDC) recommend a yearly flu vaccination for everyone 6 months of age and over as the first and most important step in protecting against the flu. People should begin getting vaccinated soon after flu vaccine becomes available, if possible, by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating, it's not too late to get vaccinated. For more information, go to [cdc.gov](http://cdc.gov).

## How is the flu spread?

Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching a surface or object – like a doorknob or light switch – with flu viruses on it and then touching their mouth or nose. People infected with the flu may infect others from one day before they start getting sick to five to seven days afterward, or even longer in some cases.

## What can I do to protect myself from getting sick?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands with soap and water, especially after you cough or sneeze. Hand sanitizer that contains at least 60 percent alcohol can be used if soap and water are not available.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

The logo for UMR, featuring the letters 'UMR' in a bold, serif font with a white underline that curves under the letters.

A UnitedHealthcare Company

- If you are sick with flu-like illness, the CDC recommends you stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine), except to get medical care or for other necessities.
- Stay informed about the latest flu and vaccine news. Go to the CDC website, ([cdc.gov](https://www.cdc.gov)) or the U.S. Department of Health & Human Services website ([flu.gov](https://www.hhs.gov)) for the most current facts and recommendations. You can also call 1-800-CDC-INFO for more information.

## Where to go for a flu shot

How and where people get a flu vaccine may need to change due to the COVID-19 pandemic. Some settings that usually provide flu vaccine may not offer vaccination this upcoming season, because of the challenges with maintaining social distancing.

Contact your primary care provider regarding how and when to get a flu shot. Or search [umar.com](https://www.umar.com) to find a network provider and schedule your flu shot.

## Flu and COVID-19

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. Visit <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm> to compare COVID-19 and flu.

## Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

## Is COVID-19 more dangerous than flu?

Flu and COVID-19 can both result in serious illness, including illness resulting in hospitalization or death. While there is still much to learn about COVID-19, at this time, it does seem as if COVID-19 is more deadly than seasonal influenza; however, it is too early to draw any conclusions from the current data. This may change as we learn more about the number of people who are infected who have mild illnesses.

## Will there be flu along with COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, the CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever. The CDC recommends that all people 6 months and older get a yearly flu vaccine.

For more information, go to [cdc.gov](https://www.cdc.gov).



A UnitedHealthcare Company