

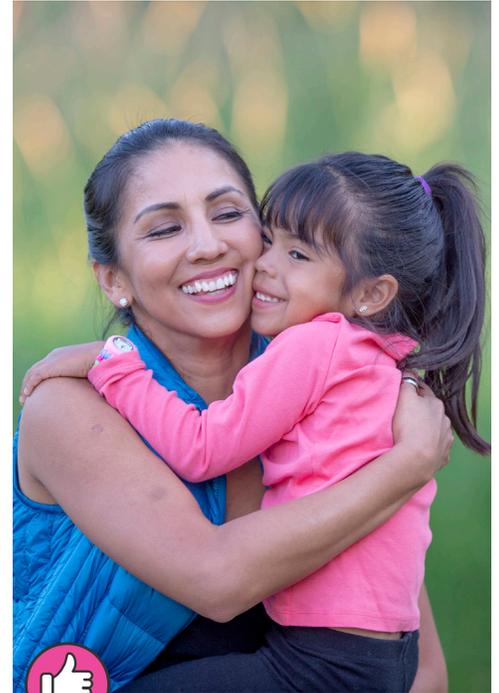
Protect yourself and your family with flu and COVID-19 vaccines



It's easy to get vaccinated



The vaccines help you stay healthy



The vaccines protect your family



Your family and co-workers are counting on you! Get immunized against flu and COVID-19!

Protect yourself and your family with the flu and COVID-19 vaccines

What are flu and COVID-19?

Flu and COVID-19 are different diseases but have similar symptoms:



fever



headache or fatigue



body aches/chills



cough or trouble breathing

If you catch the flu, it is likely that you won't be able to work. If you test positive for COVID-19, you will need to stay home. **In the worst cases, both can lead to pneumonia, hospitalization, or death.**

How can I tell flu and COVID-19 apart?

The only way is to get tested. You can catch both at the same time.

Who needs flu and COVID-19 vaccines?

Everyone 6 months of age or older needs both vaccines. You need flu vaccines every year.



Why do I need to get these vaccines?

Just like we need to update our phones and computers to keep them virus-free, our immune systems need updating, too. That's why the flu and updated COVID-19 vaccines are so important in keeping you healthy.

Do vaccines prevent me from getting sick?

These vaccines work very well at preventing severe illness, hospitalization and death. No vaccine is 100% effective, so it is possible for people to catch COVID-19 or flu after getting vaccinated. However, most vaccinated people have a mild illness if they get sick.

Are there any side effects of flu and COVID-19 vaccines?

Side effects are usually **mild**, including:



arm pain



fever



headache or fatigue



body aches/chills

Can I get both flu and COVID-19 vaccines at the same time?

Yes. It is safe, effective, and convenient to get both of them at the same time.

Where can I get vaccinated?

The flu and COVID-19 vaccines are available in California communities. You can visit myturn.ca.gov to find a vaccine site near you or call 1-833-422-4255. Your local pharmacy or clinic may also offer these vaccines.