

# A flu season like no other



Getting a flu shot is more important than ever because this year the flu season coincides with the COVID-19 pandemic. A flu vaccine won't protect you from COVID-19, but it does reduce your risk of serious illness and hospitalization from flu.

Even though COVID-19 has proven deadlier than the seasonal flu virus, the flu can also be fatal. Protect your health and the health of those you love by getting the flu vaccine.

## 5 facts about the flu

- 1 The flu is worse than a cold.** People often use the term “flu” to refer to a cold, but the flu, or influenza, is much worse. Serious cases can lead to dehydration, pneumonia, hospitalization, and death.
- 2 Everyone 6 months and older should get a flu shot.** An annual flu shot is your best defense against the flu. Those at high risk of complications from the flu include children 5 and younger, adults 65 and older, pregnant women, and people with chronic conditions.
- 3 You can't get the flu from a flu shot.** The flu shot can't make you sick because it doesn't contain a live virus. If you get sick after receiving your flu shot, chances are you were infected before getting vaccinated.
- 4 If you are taking precautions to prevent COVID-19, you still need a flu shot.** While staying home, physically distancing, wearing a mask, washing your hands, and avoiding touching your mouth and eyes also help prevent spread of flu; getting the flu shot is still your best defense.
- 5 It's safe and easy to get a flu shot.** Kaiser Permanente members can get their flu shot at one of our drive-through or walk-up clinics, or during an in-person appointment. If you're not a Kaiser Permanente member, go to [stopflu.org](https://stopflu.org) to find a flu shot near you.