

Is it safe to get both the COVID-19 and flu vaccines at the same time?



Yes! Adults and eligible children can get the COVID-19 vaccine and flu vaccine at the same time, including the updated COVID-19 shot.

But you don't have to – don't delay just to get them at the same visit. Get them when you are eligible and they are available to you!



Why do I need to get both the COVID-19 and flu vaccines this year?

Being up-to-date on your COVID-19 and flu vaccines lowers the chance of serious health problems, being hospitalized, and death from the viruses - especially for older adults and people with underlying health conditions. And having COVID-19 and the flu at the same time can be worse than having one by itself!



Both the flu and COVID-19 vaccines are recommended for everyone over the age of 6 months. Both are safe and work well!



Will I have more side effects if I get both vaccines at the same time?

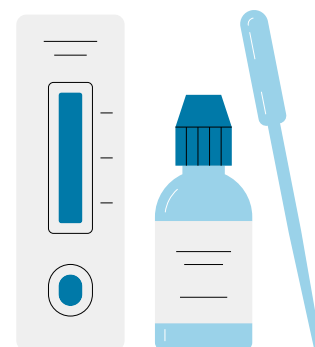
You might be more likely to have symptoms if you get both vaccines at once, but side effects are different for everyone. From any vaccine, you may have these for 1-2 days:

- Arm soreness and redness where you got the shot
- Feeling tired
- Chills
- Fever
- Nausea
- Muscle aches or headache

To help with pain or swelling on the arm where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Keep using and moving your arm
- If possible, get some rest

Call your doctor if you are worried about your symptoms or have symptoms for more than 3 days.



→ Should I get both vaccines in the same arm?

It's up to you and the doctor or nurse giving you the vaccine! You can get the COVID-19 and flu vaccine in different arms or spaced out on the same arm.

→ Where can I get both vaccines together?

You can get COVID-19 and flu vaccines from:

- Pharmacies
- Doctor's offices
- Health systems
- Hospitals
- Your local health department



Here are 2 ways to find a vaccine near you:



Go to [vaccines.gov](https://www.vaccines.gov)



Call the COVID-19 vaccine hotline at 1-800-232-0233

→ Have COVID-19 or cold-like symptoms?

Wait to get your vaccines until you're feeling better. If it could be COVID-19, get tested and stay home until you get the results.

→ Do either of these vaccines cost money?

The updated COVID-19 vaccines are still free for most people, even though the COVID-19 Public Health Emergency ended in May:

- **For people with health insurance**, most plans will cover the COVID-19 vaccine at no cost.
- **For people without health insurance** or whose health plans do not cover the vaccine, they can get a free vaccine from their local health department or pharmacies participating in the CDC's Bridge Access Program. To learn more, visit: [cdc.gov/vaccines/programs/bridge/index.html](https://www.cdc.gov/vaccines/programs/bridge/index.html)
- **For children whose parents or guardians may not be able to afford the vaccine**, they may be able to get the vaccine for free if eligible from the Vaccines for Children (VFC) program. To learn more, visit: [cdc.gov/vaccines/programs/vfc/index.html](https://www.cdc.gov/vaccines/programs/vfc/index.html)

The flu vaccine is free through your insurance. If you don't have insurance, the flu vaccine may have a cost. Ask your doctor or local health department about free or discounted vaccines this flu season.

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