

# Getting Your COVID-19 and Flu Vaccines This Respiratory Season

**CVEEP**  
Champions for  
Vaccine Education,  
Equity + Progress

## FAQ: What you need to know about staying up to date on your COVID-19 and flu vaccines this winter

As demonstrated by the surge of cases over the summer, COVID-19 remains a year-round threat that could lead to a surge this winter. This respiratory season, getting vaccinated against COVID-19 and flu is your best option to help protect against severe illness.

### Why do I still need to worry about COVID-19 and flu?

This summer, we saw a surge in COVID-19 cases, underscoring the need for continued protection through vaccination. While some infectious respiratory diseases like flu and RSV typically peak in the winter, COVID-19 rates tend to surge in both the winter and the late summer.<sup>1</sup> This makes it a highly infectious year-round threat, requiring updated vaccines to protect against severe illness.

Flu circulates throughout the winter, and one of the strains of the virus, flu B, often continues to circulate into the spring.<sup>2</sup> As a result, getting an updated flu vaccine at any point during respiratory season is helpful to boost your protection against severe illness.

### I'm aware of the risks brought on by COVID-19 and flu. How can I protect myself?

Each year, COVID-19 and flu cause thousands of hospitalizations and deaths — and both diseases can make anyone very sick. The best way to protect yourself from hospitalization and severe illness is to stay updated on your vaccines. People who are up to date on their vaccines have a lower risk of severe illness and hospitalization as compared to those who are unvaccinated or behind on their vaccines.<sup>3</sup>

Vaccination against COVID-19 and flu are particularly crucial for older adults, as well as individuals at high risk for severe illness, pregnant people, and immunocompromised individuals.<sup>4,5</sup> Talk to your healthcare provider about getting vaccinated and which COVID-19 and flu vaccines are right for you.

### I just had COVID-19 this summer. Can I still get an updated vaccine?

After a COVID-19 infection, you may consider waiting 3 months before getting your updated vaccine.<sup>6</sup> Updated COVID-19 vaccines for 2024-2025 became available in early fall. This means that if you had COVID-19 in June, July, or August, you should now receive your updated COVID-19 vaccine to boost your protection this respiratory season. An updated vaccine significantly reduces your risk of severe illness should you become infected with COVID-19 again.

### Is it safe to get both my COVID-19 and flu vaccines during the same appointment?

The practice of getting more than one vaccine during the same appointment is known as coadministration and is a common and safe way to conveniently gain protection against multiple diseases in one visit to a healthcare provider's office, clinic, or pharmacy. If you're due for updated COVID-19 and flu vaccines, save time by getting both together.

Studies support the safety of coadministration of COVID-19 and flu vaccines.<sup>7</sup> Side effects from either vaccine are often mild and temporary.<sup>8</sup> Serious side effects from vaccines are rare but can occur.<sup>9</sup>

## Stay protected. Stay informed. Get vaccinated.

Regular updates to COVID-19 and flu vaccines are essential for maintaining protection against these constantly evolving viruses. Staying up to date with recommended vaccines is the best way to reduce your risk of severe illness and help protect your family, friends, and community.

<sup>1</sup> <https://www.cdc.gov/ncird/whats-new/cdc-updates-vaccine-recommendations.html>

<sup>2</sup> <https://www.cdc.gov/flu/whats-new/flu-summary-2023-2024.html>

<sup>3</sup> <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>

<sup>4</sup> <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>

<sup>5</sup> <https://www.cdc.gov/flu/vaccines/keyfacts.html>

<sup>6</sup> <https://www.cdc.gov/covid/vaccines/getting-your-covid-19-vaccine.html>

<sup>7</sup> <https://www.cdc.gov/flu/vaccines/coadministration.htm>

<sup>8</sup> <https://www.cdc.gov/flu/vaccines/coadministration.html>

<sup>9</sup> <https://www.cdc.gov/vaccine-safety/vaccines/covid-19.html>

For more information, visit  
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