



## COVID-19 UPDATE

# GETTING A FLU VACCINE IN THE COVID-19 PANDEMIC

### General principles

- The CDC recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine with no preference expressed for any one vaccine over another.
- It is not recommended that you are given the flu vaccine and the COVID vaccine on the same day.
- The minimum amount of time recommended between the two vaccines is 14 days.
- You can have your flu vaccine before or after your COVID vaccine, as long as you wait those 14 days.

### Frontline healthcare workers scheduled for vaccines in phase 1

If you are eligible to receive a COVID-19 vaccine in the phase 1a of the COVID vaccine rollout, get it as soon as possible and then get the flu shot when available at least 14 days after the COVID-19 vaccine.

### Healthcare workers scheduled for later phases of the rollout

If you are in a later phase of the COVID vaccine rollout, get your flu shot as soon as it is available, then your COVID-19 vaccine when possible.

### 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, hospitalisation and death. Getting a flu vaccine this autumn will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

### Should a flu vaccine be given to someone with suspected or confirmed COVID-19?

No. Vaccination should be deferred (postponed) for people with suspected or confirmed COVID-19, regardless of whether they have symptoms, until they have met the criteria to discontinue their isolation. While mild illness is not a contraindication to flu vaccination, vaccination visits for these people should be postponed to avoid exposing healthcare personnel and other patients to the virus that causes COVID-19. When scheduling or

confirming appointments for vaccination, patients should be instructed to notify the provider's office or clinic in advance if they currently have or develop any symptoms of COVID-19.

Additionally, a prior infection with suspected or confirmed COVID-19 or flu does not protect someone from future flu infections. The best way to prevent seasonal flu is to get vaccinated every year.

**Reference:**

Centres for Diseases Control and Prevention, National Centre for Immunization and respiratory Diseases. CDC 2021. <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>