

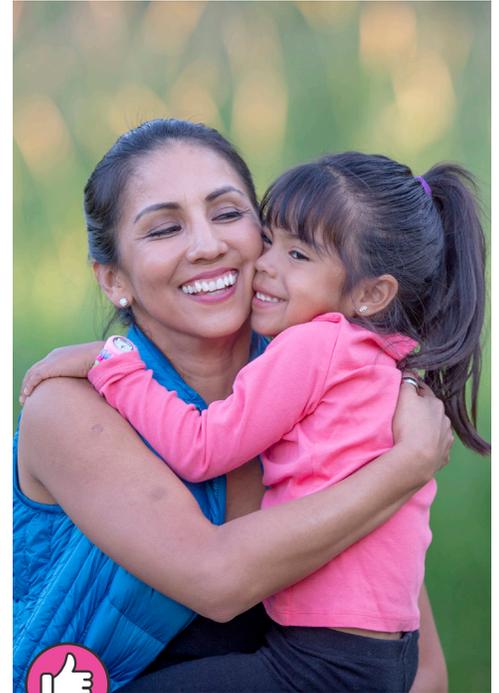
# Protect yourself and your family with flu and COVID-19 vaccines



**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](https://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.