
Concerning COVID-19COVID-19 Pandemic of 2020-2023

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Why Should I Get a Flu Shot?

Cedarville University

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CONCERNING COVID: WHY SHOULD I GET A FLU SHOT?

 [Caring Well, Staying Well.](#)

November 9, 2020 |



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Question: Why is it important to get a flu shot during the COVID-19 pandemic?

Answer:

During COVID-19, it is very important to get your flu vaccine, but, how does the flu vaccine help during this season of COVID-19?

- Promotes overall health during flu season
- You can have COVID-19 and the flu at the same time
- Having the flu and COVID-19 may cause more severe symptoms
- Helps decrease flu-related hospital visits to save resources for COVID-19 patients

“Ensuring that routine vaccination is maintained or reinitiated during the COVID-19 pandemic is essential for protecting individuals and communities from vaccine-preventable diseases and outbreaks. Routine vaccination prevents illnesses that lead to unnecessary medical visits, hospitalizations and further strain the healthcare system.” – CDC

Strategies to stay healthy in flu season during the COVID-19 pandemic from the Ohio Health Department:

- Hand washing- scrub for 20 seconds
- Get a flu shot
- Wear a mask
- Keep your distance – 6 feet apart
- Don't let your guard down- eat a well balanced diet, stay active

Flu Shot Q&A

Who should get the flu vaccine?

The CDC recommends that anyone over the age of six months should get the flu shot unless otherwise recommended by their health care provider.

Why do I need a flu shot every year?

Viruses are constantly changing and a new flu shot is needed to account for these changes. The immune protection from the flu shot decreases with time, so yearly flu shots are needed to keep that immune protection.

Can the flu shot infect me with the flu?

No. The flu shot cannot cause you to get sick with the flu, because flu vaccines are NOT made with a live flu virus. Flu vaccines are made with a flu virus that has been killed or inactivated. Though the virus is not active, it will still help your body learn how to fight this sickness.

Why doesn't the flu shot always work?

Flu viruses are constantly changing! They can even change within the course of one flu season. Flu virus vaccines are developed to target 3-4 strains of influenza. The specific strains of the flu that will be targeted in that year's vaccine must be decided months before flu season starts. The strains targeted are chosen because research suggests they will be the most common types for the season. A flu vaccine cannot cover every strain out there, but the developers work hard to protect you against the strains that are predicted to be the most widespread.

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