FLU AND COVID-19

What You Need to Know for the 2020-2021 Flu Season:

Do I need to get an influenza (flu) shot earlier than normal this year (i.e. July/August)?

It is likely the Center for Disease Control and Prevention (CDC) will not make a change to the usual flu shot recommendation. Getting the flu shot in August is too early, especially for older people, because of the effectiveness of it will be reduced later in the flu season. September and October are good times to get your flu shot. If you miss getting it in the fall, it is still a good idea to get it even in January or later because flu viruses are still around.

Where can I get a flu shot this fall/winter?

Because of COVID-19 you may not be able to get the flu shot where you normally do. Some people get their flu shot at work or community buildings but with many offices closed that may not be possible. The CDC is working to find back-up plans to make sure people can safely and easily get their flu shot.

To help you, Highmark Health Options is covering flu shots given at ANY retail pharmacy location! You can also visit this link for a schedule of flu shot locations.

For more information on where you can get a flu shot you may call one of our **Care Coordinators** at **1-844-325-6251**.

What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious lung illnesses but are caused by different viruses. COVID-19 is caused by a new coronavirus (called SARS-CoV-2) and flu is caused by influenza viruses. Because some of the symptoms of flu and COVID-19 are the same, it may be hard to tell the difference. Testing may be needed to let you know if you have one of the viruses.

This table compares COVID-19 and flu based on current information provided by the CDC.

Will there be flu along with COVID-19 in the fall and winter?

The CDC thinks it is likely that flu viruses and the virus that causes COVID-19 will both be spreading. Getting a flu shot will be more important than ever. CDC recommends that all people 6 months and older get a yearly flu shot.

Can I have flu and COVID-19 at the same time?

Yes. It is possible to have flu and COVID-19 at the same time. Experts are still studying how common this may be.

Will a flu shot protect me against COVID-19?

Getting a flu shot will not protect against COVID-19, however flu shot has many other important benefits. Flu shots have been shown to reduce the risk of flu illness, hospitalization, and death. Getting a flu shot this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve limited health care resources.

Is COVID-19 more dangerous than flu?

Flu and COVID-19 can both result in serious illness resulting in hospitalization or death. It does seem that COVID-19 is more deadly than seasonal flu but it is too early to know for sure. This may change as we learn more about the number of people who are infected who have mild illnesses.

Where do I go for more information and where can I get tested?

To learn more about COVID-19, visit Coronavirus (COVID-19). To learn more about flu, visit Influenza (Flu). You can at any time call one of our **Care Coordinators** at **1-844-325-6251**.

Find a COVID-19 testing location in Delaware - Delaware COVID-19 Testing Locator

There is still a lot that is unknown about COVID-19 and the virus that causes it. Highmark Health Options will relay new information to our members as it becomes available.