

# Key Talking Points – Flu and COVID-19



**A quick resource to help answer your questions.**

## Why getting the flu immunization is important:

- Getting immunized for flu is an essential part of protecting your health and is now more important than ever.
- This year flu and COVID-19 will be circulating at the same time in communities throughout LA County, and both can cause serious illness.
- Every year, flu sickens millions of people in the U.S, causing thousands of hospitalizations and deaths.
- Catching both flu and COVID-19 infections is possible and could result in increased illness, hospitalizations and death.
- Increased illness during flu season could potentially overwhelm the health care system.
- Both COVID-19 and flu can spread easily to other people, and share many of the same symptoms, which can make it more difficult to diagnose.
- Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever.
- If fewer people get sick with flu this season, health care will be more available for those who are sick with COVID-19.

## Benefits of the flu immunization:

- Flu immunizations can protect you from the flu.
- If you are infected with flu, flu immunizations can shorten the duration of symptoms and decrease the risk of severe illness such as hospitalization, respiratory distress, and death.
- Flu immunizations not only protect you, but they also protect your loved ones and your community.
- Flu immunizations taken during pregnancy can protect your newborn infant for their first 6 months of life against flu.

## People at increased risk:

- Pregnant women, children and older adults, persons with long lasting conditions such as diabetes, heart and lung disease, and a weakened immune system are at increased risk of severe complications and illness from flu.
- People of color, including Latinos, African Americans, and Native Hawaiians experience high case, hospitalization and death rates from COVID-19.
- People providing essential services, including healthcare workers, have higher exposure to both flu and COVID-19.
- What can you do if you are at increased risk:
  - Everyone 6 months and older should get immunized, including healthy people.
  - Wear a face covering, keep 6-feet of distance, and wash your hands frequently.

**HEALTH IS FOR EVERYONE//** To find a low cost or free immunization, contact your doctor or pharmacy, call 2-1-1, or go to [PreventFluLA.com](https://www.preventflu.com)



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## Where to get immunized:

- Flu immunizations are available for low-cost or free. Visit your health care provider or pharmacy, call 2-1-1, or go to [PreventFluLA.com](https://www.PreventFluLA.com).
- Doctor's offices, including clinics and pharmacies, are taking steps to ensure your visit is as safe as possible from COVID-19 or other diseases.
- Because of COVID-19, to keep yourself and healthcare personnel safe, you will be required to wear a mask and practice social distancing when you get immunized for flu.

## Protecting yourself from the flu and COVID-19:

- Both COVID-19 and the flu are transmitted mostly by respiratory droplets, so the same prevention strategies used to reduce the spread of COVID-19, such as wearing a mask or face covering, hand sanitizer, social distancing, staying home when you are sick and staying away from people who are sick, will also help protect you from flu. The best way to protect yourself from flu is to get immunized.
- It is possible to spread COVID-19 and flu to others before experiencing any symptoms.
- People with flu may have a range of symptoms which are identical to symptoms of COVID-19, including fever (not everyone will have), cough, sore throat runny/stuffy nose, muscle body aches, headache, fatigue, vomiting and diarrhea. One symptom of COVID-19 that is not shared with flu is loss of taste or smell. Flu usually has rapid onset of symptoms, COVID-19 usually has a slower onset of symptoms.
- If you are feeling ill, call your health care provider and get tested.

# 主要话题——流感和COVID-19



帮助回答你所提出问题的实用资源。

## 为什么接种流感疫苗很重要：

- 接种流感疫苗是保护身体健康的重要组成部分，而现在接种比以往任何时候都更为重要。
- 今年流感和COVID-19将在洛杉矶县的所有社区内同时传播，且两者都可能导致严重疾病。
- 在美国，每年有数百万人感染流感，这会导致数千人住院和死亡。
- 同时感染流感和COVID-19是可能的，并可能导致疾病、住院和死亡人数增加。
- 在流感季节，患病人数的增加可能会使医疗保健系统不堪重负。
- COVID-19和流感都很容易传播给其他人，并且有许多相同的症状，这使得诊断更加困难。
- 由于COVID-19大流行，减少流感等呼吸道疾病的传播，在今年秋冬时节比以往任何时候都更加重要。
- 如果这个季节感染流感的人数减少，那么感染COVID-19的患者将获得更多的医疗服务。

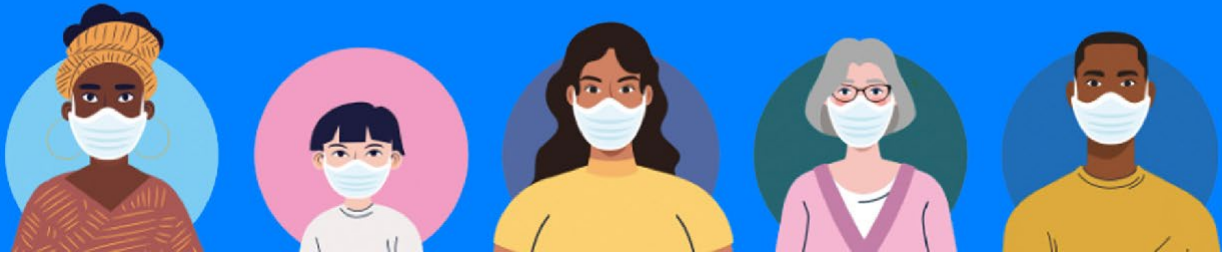
## 接种流感疫苗的好处：

- 流感疫苗可以保护你免受流感的侵袭。
- 如果你感染了流感，接种流感疫苗可以缩短症状持续的时间，并降低罹患严重疾病的风险，如住院、呼吸窘迫和死亡。
- 流感疫苗不仅能够保护你，也能够保护你的亲人和你的社区。
- 在怀孕期间接种流感疫苗，可以保护你的新生儿在生命的前六个月内免受流感病毒的侵袭。

## 高风险人群：

- 孕妇、儿童和老年人、患有糖尿病、心脏病和肺病等长期病症的人士以及免疫系统较弱的人士因流感而患严重并发症和疾病的风险增加。
- 包括拉丁美洲人、非洲裔美国人和夏威夷原住民在内的有色人种感染COVID-19的病例数、住院率和死亡率都很高。
- 提供基本服务的人，包括医疗服务工作者，感染流感和COVID-19的机率较高。
- 如果你的患病风险增加了，你可以做些什么：
  - 每位年龄超过6个月的个人都应该接种疫苗，包括身体健康的人士。
  - 佩戴口罩，与他人保持6英尺的距离，经常洗手。

# 主要话题——流感和COVID-19



## 在哪里接种疫苗：

- 流感疫苗可以低价或免费接种。请前往你的医疗服务提供单位或药房，拨打2-1-1电话，或者登录[PreventFluLA.com](https://www.PreventFluLA.com)获取更多信息。
- 包括诊所和药房在内的医生办公室正在采取措施，确保你的就诊尽可能安全，且不受COVID-19或其他疾病的影响。
- 由于COVID-19疫情，为了保护自己和医护人员的安全，在接种流感疫苗时，您将被要求佩戴口罩并与他人保持社交距离。

## 预防流感和COVID-19：

- COVID-19和流感都是通过呼吸道飞沫传播的，所以那些用来阻止COVID-19传播的策略，比如戴口罩或面罩，使用擦手液，保持社交距离，生病时留在家里，避免与病人近距离接触，也会帮助你预防流感。保护自己免受流感侵害的最好方法就是接种流感疫苗。
- 在出现任何症状之前，病患有可能将COVID-19和流感传染给其他人。
- 流感患者可能会出现一系列与COVID-19相同的症状，包括发烧（不是每个人都会有）、咳嗽、喉咙痛、流鼻涕/鼻塞、肌肉疼痛、头痛、疲劳、呕吐和腹泻。COVID-19的一个与流感不同的症状是味觉和嗅觉的丧失。流感通常会迅速出现症状，而COVID-19通常出现症状的速度较慢。
- 如果你感觉不舒服，打电话给你的医生并进行检测。