

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.

主要話題 — 流感和COVID-19



幫助回答你所提出問題的實用資源。

為什麼接種流感疫苗很重要：

- 接種流感疫苗是保護身體健康的重要組成部分，而現在接種比以往任何時候都更為重要。
- 今年流感和COVID-19將在洛杉磯縣的所有社區內同時傳播，且兩者都可能導致嚴重疾病。
- 在美國，每年有數百萬人感染流感，這會導致數千人住院和死亡。
- 同時感染流感和COVID-19是可能的，並可能導致疾病、住院和死亡人數增加。
- 在流感季節，患病人數的增加可能會使醫療保健系統不堪重負。
- COVID-19和流感都很容易傳播給其他人，並且有許多相同的症狀，這使得診斷更加困難。
- 由於COVID-19大流行，減少流感等呼吸道疾病的傳播，在今年秋冬時節比以往任何時候都更加重要。
- 如果這個季節感染流感的人數減少，那麼感染COVID-19的患者將獲得更多的醫療服務。

接種流感疫苗的好處：

- 流感疫苗可以保護你免受流感的侵襲。
- 如果你感染了流感，接種流感疫苗可以縮短症狀持續的時間，並降低罹患嚴重疾病的風險，如住院、呼吸窘迫和死亡。
- 流感疫苗不僅能夠保護你，也能夠保護你的親人和你的社區。
- 在懷孕期間接種流感疫苗，可以保護你的新生兒在生命的前六個月內免受流感病毒的侵襲。

高風險人群：

- 孕婦、兒童和老年人、患有糖尿病、心臟病和肺病等長期病症的人士以及免疫系統較弱的人士因流感而患嚴重併發症和疾病的風險增加。
- 包括拉丁美洲人、非洲裔美國人和夏威夷原住民在內的有色人種感染COVID-19的病例數、住院率和死亡率都很高。
- 提供基本服務的人，包括醫療服務工作者，感染流感和COVID-19的機率較高。
- 如果你的患病風險增加了，你可以做些什麼：
 - 每位年齡超過6個月的個人都應該接種疫苗，包括身體健康的人士。
 - 佩戴口罩，與他人保持6英尺的距離，經常洗手。

主要話題 — 流感和COVID-19



在哪裡接種疫苗：

- 流感疫苗可以低價或免費接種。請前往你的醫療服務提供單位或藥房，撥打2-1-1電話，或者登錄 [PreventFluLA.com](https://www.preventfluLA.com) 獲取更多資訊。
- 包括診所和藥房在內的醫生辦公室正在採取措施，確保你的就診盡可能安全，且不受COVID-19或其他疾病的影響。
- 由於COVID-19疫情，為了保護自己和醫護人員的安全，在接種流感疫苗時，您將被要求佩戴口罩並與他人保持社交距離。

預防流感和COVID-19：

- COVID-19和流感都是透過呼吸道飛沫傳播的，所以那些用來阻止COVID-19傳播的策略，比如戴口罩或面罩，使用擦手液，保持社交距離，生病時留在家裡，避免與病人近距離接觸，也會幫助你預防流感。保護自己免受流感侵害的最好方法就是接種流感疫苗。
- 在出現任何症狀之前，病患有可能將COVID-19和流感傳染給其他人。
- 流感患者可能會出現一系列與COVID-19相同的症狀，包括發燒（不是每個人都會有）、咳嗽、喉嚨痛、流鼻涕/鼻塞、肌肉疼痛、頭痛、疲勞、嘔吐和腹瀉。COVID-19的一個與流感不同的症狀是味覺和嗅覺的喪失。流感通常會迅速出現症狀，而COVID-19通常出現症狀的速度較慢。
- 如果你感覺不舒服，打電話給你的醫生並進行檢測。