

# Influenza (flu)

## FAQ

*Influenza, or “flu,” is a contagious disease that usually spreads from October through May in the United States and its territories.*

*Here are some common questions and answers regarding flu to help you stay protected this year.*

### How is flu spread?

Flu is mainly spread through tiny droplets made when people with the flu cough, sneeze, or talk.



### Who should get the flu vaccine?

Everyone should get the flu vaccine. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older get vaccinated every flu season, especially those who are at higher risk of getting the flu. Flu vaccines are also recommended for pregnant people.

### What are the signs and symptoms of flu?

People who have the flu often feel some or all of these symptoms: fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness and sometimes vomiting and diarrhea (more common in children than adults).



### Who is at risk for getting the flu?

Anyone can get the flu, but it is more dangerous for vulnerable populations such as infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system. The best way to prevent severe illness related to flu is by getting a flu vaccine each year.

### When should I get vaccinated?

Flu season typically spans from October to May. The best time to get a flu vaccine is during fall or winter to be protected throughout the flu season.



### What are the different types of flu vaccines?

Flu vaccines are usually given as an injection or shot in the arm or as a nasal spray. The flu shot is approved for individuals 6 months and older. The nasal spray is approved for people 2 through 49 years of age. There are various flu shots available that differ based on manufacturer.



### Why should I get the flu vaccine?

The flu vaccination is the best way to protect yourself and your loved ones against flu and its associated complications. It can also reduce the risk of flu-related illness, hospitalization, and death.

For more on flu vaccine benefits, visit: [cdc.gov/flu/prevent/vaccine-benefits.htm](https://www.cdc.gov/flu/prevent/vaccine-benefits.htm)

More information can be found on the CDC Seasonal Flu Vaccines here: [cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm)

Source: Centers for Disease Control and Prevention (cdc.gov)

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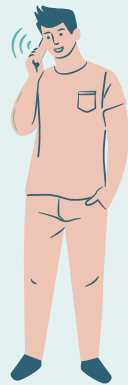
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## Frequently Asked Questions

### How much does a flu vaccine cost?

The cost of a flu vaccine will depend on your healthcare coverage. You can contact your insurance company to ask where flu vaccines are covered at low or no cost. Additionally, local health departments and health centers may offer free or low cost vaccinations. For more information, you can review our Vaccination Cost and Flu Guide: [aa-nhpihealthresponse.org](http://aa-nhpihealthresponse.org)



### Where can I get the flu vaccine?

You can get your flu vaccine at any of the following places:

- Primary Care Physicians
- Urgent Care/Minute Clinics
- Federally Qualified Health Centers
- Rural Health Clinics
- Native Hawaiian Health Centers
- Indian Health Service
- Local health departments
- Pharmacies (e.g., Walmart, Walgreens, CVS, Rite-Aid)



### Will I experience side effects after I am vaccinated?

Flu vaccines are safe and effective. Some people experience minor side effects such as soreness of the arm, low-grade fever, and aches after vaccination that improve after a few days.



### Can I get the COVID-19 and the Flu vaccination at the same time?

If a patient is eligible, both the flu and COVID-19 vaccines can be administered at the same visit, as recommended by CDC and its Advisory Committee on Immunizations Practices (ACIP).

### What's the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and the flu is caused by an infection with one of many influenza viruses that spread annually among people.



Source: Centers for Disease Control and Prevention ([cdc.gov](http://cdc.gov))

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For additional AA and NH/PI translated resources, please visit our National AA and NH/PI Health Response Partnership Webpage at: [www.AA-NHPIHealthResponse.org](http://www.AA-NHPIHealthResponse.org)

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