



FLU SEASON 2020 FAQ

When is flu season?

- Flu Season typically runs from September/October through April/May.
- Based on this timing, the flu vaccine should be administered by the end of October to ensure protection for the majority of and during the most severe times of flu season.

Why do I need a flu vaccine?

- Flu vaccines cause antibodies that provide protection against infection with the viruses that are used to make the vaccine. [Click here to find out](#) more about how flu vaccines work.
- The flu virus is constantly changing, so even if you weren't sick last year or had your flu shot then, you could get sick this year!
- This year especially, [reducing the spread of respiratory illnesses](#) like the flu, is very important.

Where can I get my flu vaccine?

The CDC has worked with vaccine manufacturers to have extra flu vaccines available and has begun distributing this to ensure the flu vaccine is easily accessible this year.

- Community clinics, health centers, and pharmacies offer the vaccine throughout Philly. [Check out this map for more details.](#)
- You can also use [VaccineFinder](#) to find a place near you!

What should I do if I get sick?

If you aren't feeling well, your health should be your first priority!

- **Take Time Off-** If you aren't feeling well enough to attend school take time to rest.
- **Seek Medical Care-** Don't delay seeing the doctor, if you aren't feeling well.
- **Get Additional Resources-** Reach out to your primary care physician for advice.

What else can I do to prevent the flu?

In addition to getting your annual flu vaccine, you can take steps each day to reduce the spread of germs and stay healthy. You can [learn more here](#) and take the steps below.

- Wash your hands
- Eat fruits and vegetables daily
- Avoid close contact
- Get plenty of sleep
- Drink plenty of water

What is the difference between the flu and COVID-19?

When you're not feeling well, you might start to wonder the difference between illnesses that impact the respiratory tract. Symptoms vary slightly, that is why it is important to always consult with your doctor. Some examples of respiratory illnesses and their symptoms include :

Illness	Symptoms	
COVID-19	<ul style="list-style-type: none"> ● Fever ● Cough ● Shortness of Breath ● Symptoms Appearing 2-14 Days After Exposure 	
Allergies	<ul style="list-style-type: none"> ● Sneezing ● Headache ● Itchy, Running or Stuffy Nose ● Itchy, Red or Watery Eyes 	
Flu	<ul style="list-style-type: none"> ● Fever ● Cough ● Sore Throat ● Runny or Stuffy Nose ● Fatigue or Tiredness ● Muscle or Body Aches 	
Cold	<ul style="list-style-type: none"> ● Cough ● Sneezing ● Headaches ● Sore Throat 	<ul style="list-style-type: none"> ● Watery Eyes ● Runny or Stuffy Nose ● Muscle of Body Aches