TALLAHASSEE SENIOR SERVICES
CORONAVIRUS (COVID-19) FLU VACCINE

Flu Vaccine Recommendations

Receiving the flu vaccine this year will be more important than is has been in the past. Individuals over the age of 65, and those with underlying health conditions are the most at risk for serious complications from both the flu and COVID-19. Further information highlighting the importance of receiving the flu vaccine during 2020-2021 can be found at cdc.gov/flu/prevent/prevention. While the flu vaccine will not protect against COVID-19, it is still beneficial for conserving the immune system and enhancing its ability to combat other infections. Additionally, the number of hospitalizations due to severe flu symptoms can be reduced, freeing up more medical resources for the care of individuals suffering from severe COVID-19 symptoms.

There is no evidence that getting vaccinated for the flu will increase your risk of getting sick from COVID-19. False information has been circulating regarding a study published in January 2020, however, this study has since been found to be flawed and subsequent studies has reaffirmed the benefits of the flu vaccine. More information can be found here.

In addition to the flu vaccine, the pneumonia vaccine is also recommended to protect your respiratory health. Vaccination against pneumonia does not protect against COVID-19, however, protecting your respiratory system is highly recommended during this time and is available where you get your flu vaccine.

If you have a suspected or confirmed case of COVID-19, you will need to postpone getting the flu vaccine until you have met the criteria to discontinue isolation.

Where to Get a Flu Shot

When considering where to receive your flu vaccine, start by contacting your general practitioner or health care provider to find out if they have the vaccine available. If you are unable to get the vaccine from your health care provider, local pharmacies such as Walgreens and CVS, as well as pharmacies located within local Walmart Supercenters, Publix, Sam's Club and Costco also offer the vaccine. Call ahead to make sure the pharmacy or provider you choose has the vaccine available. **For a Limited time, Publix is giving out a $10 gift card to anyone getting a flu shot.** The flu vaccine is also available from the following providers:

Leon County Health Department, Roberts and Stevens Family Planning Clinic, 1515 Old Bainbridge Rd leon.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/	**850-404-6403**
Minute Clinic, 1819 W Tennessee St & 5466 Thomasville Rd	**866-389-2727**
Neighborhood Medical Center, 438 W Brevard St **Neighborhood Medical Center**, 2295 Pasco St **Neighborhood Medical Center**, 812 W Orange Ave **Neighborhood Medical Center**, 3013 Jim Lee Rd	**850-224-2469** **850-224-2409** **850-300-7262** **850-391-5585**

The flu vaccine, as well as the pneumonia vaccine, is covered by Medicare Part B, once per flu season. Original Medicare requires a health care provider who accepts Medicare, and Medicare Advantage requires an in-network doctor or pharmacy. Additional information can be found here and here. Check with your health care provider or pharmacy to ensure they will accept your coverage.