



Protect Yourself. Protect Others.

Influenza (Flu) and COVID-19 FAQ

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. Visit [cdc.gov/flu](https://www.cdc.gov/flu) for the latest information on symptoms and diagnosis.

Can I have flu and COVID-19 at the same time?

Yes. It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.

Do we need to get a flu vaccine earlier this year?

While the Advisory Committee on Immunization Practices has not yet voted on the flu vaccine recommendations for 2020-2021, CDC does not anticipate a major change in the recommendation on timing of vaccination. Getting vaccinated in July or August is too early, especially for older people, because of the likelihood of reduced protection against flu infection later in the flu season. September and October are good times to get vaccinated. However, as long as flu viruses are circulating, vaccination should continue, even in January or later.

Will the flu vaccine protect me from COVID-19?

Getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.

What is Mosaic doing about the upcoming Flu Season?

Mosaic has created a plan for all employees and independent contractors to receive the flu vaccination free of charge. Watch for details from both HR and independent contract staff members.