

MONOGRAM

NOVEMBER 2022



COVID-19 Bivalent Booster & Flu Shot

Respiratory illnesses are known to spread quickly this time of year, especially as people start heading indoors and gathering for holiday celebrations. It's predicted that Influenza (Flu) and COVID-19 (Coronavirus) cases will begin to rise again and continue to increase throughout the fall and winter. Mono County residents and visitors are encouraged to protect themselves and their families this winter by getting the flu shot and the updated COVID-19 bivalent booster.

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COVID-19 Bivalent Booster

What is the updated COVID-19 booster?

The previous boosters targeted one strain, while the updated booster targets the Omicron strains that have been causing the most recent cases, and the cases projected to hit the United States this winter.

Why was a new booster developed?

The Food and Drug Administration (FDA) authorized the updated booster after reviewing data showing the bivalent boosters improved protection against recently circulating variants.

Who should get the updated booster?

The Centers for Disease Control and Prevention (CDC) recommends that people ages 5 years and older receive one (1) updated bivalent booster if it has been at least 2 months since their last COVID-19 dose, whether that was:

- Their final primary series dose, or
- An original (monovalent) booster

Updated COVID-19 Booster Doses

New boosters are now available to provide increased protection against Omicron variants.

When to get the updated booster

At least 2 months after your last COVID-19 dose — either a booster dose or your primary series.

Who should get the updated booster

Individuals age 5 and up are eligible for the updated Pfizer booster, and adults age 6 and up are eligible for the updated Moderna booster.

CDC recommendations as of October 12, 2022



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Influenza (Flu)

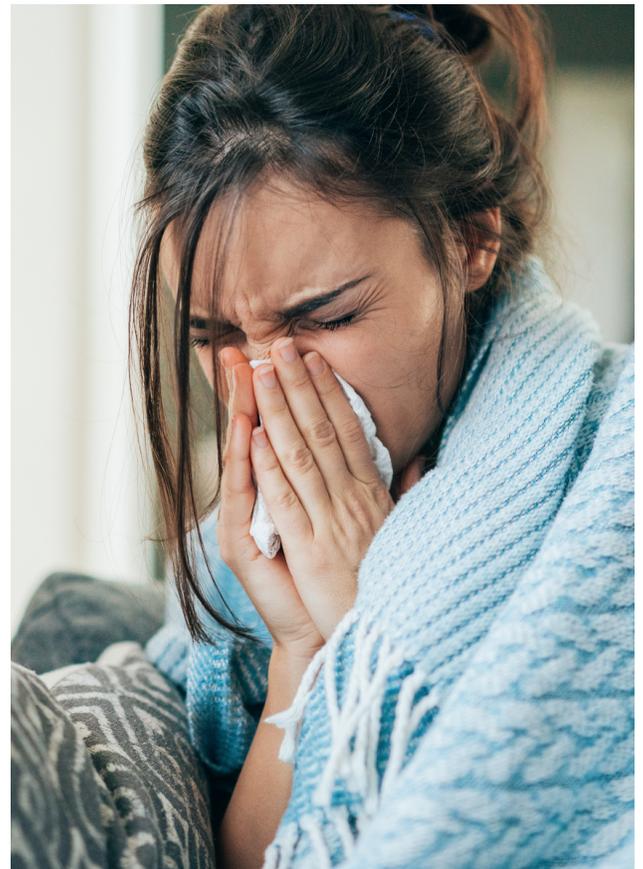
What is Influenza (Flu)?

(Influenza) Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu shot each year.

Flu Symptoms

Flu can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea (this is more common in children than adults)



How does the Flu spread?

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose, or possibly their eyes.

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Influenza (Flu)

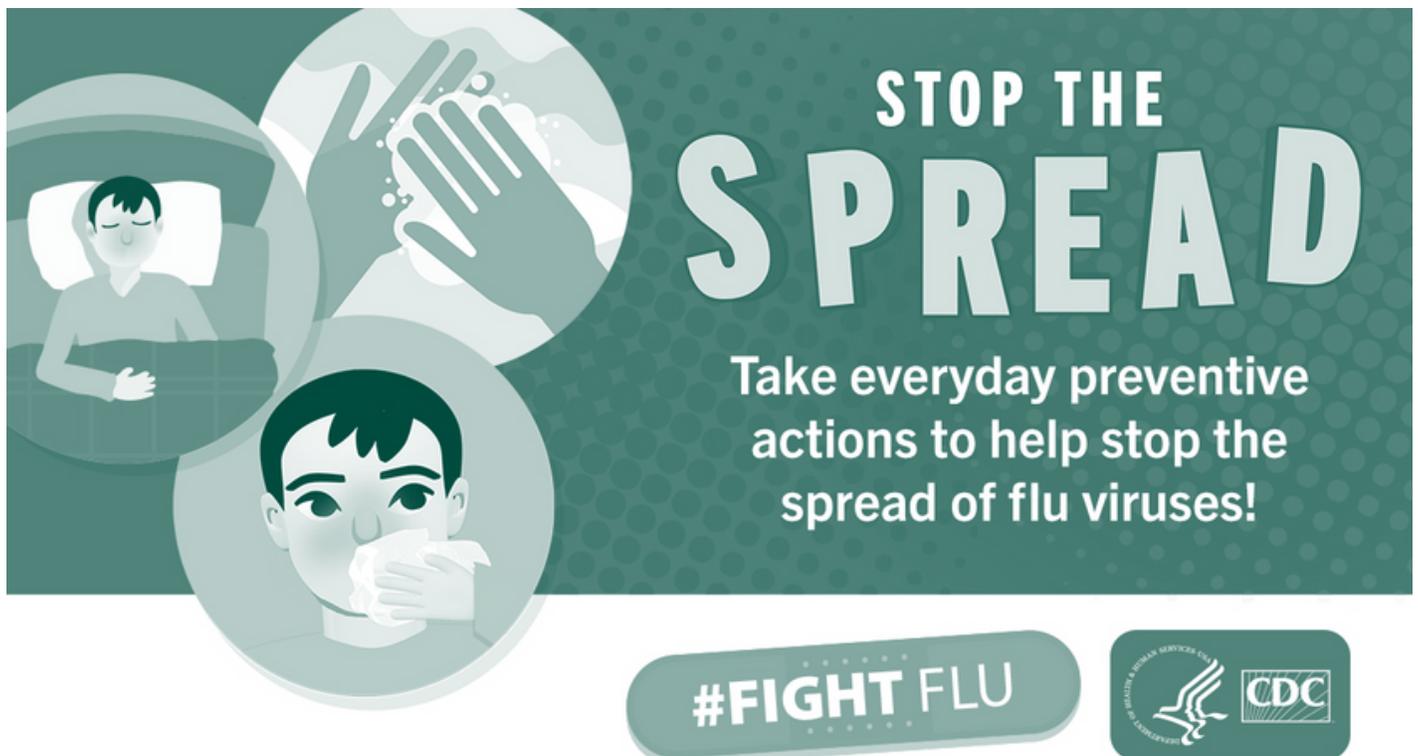
Period of contagiousness

You may be able to spread the flu to someone else before you know you are sick, as well as when you are sick with symptoms.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Onset of symptoms

The time from when a person is exposed and infected with flu to when symptoms begin is about two days, but can range from about one to four days.



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Flu Season

While seasonal flu viruses are detected year-round in the United States, flu viruses typically circulate during the fall and winter during what's known as the flu season.

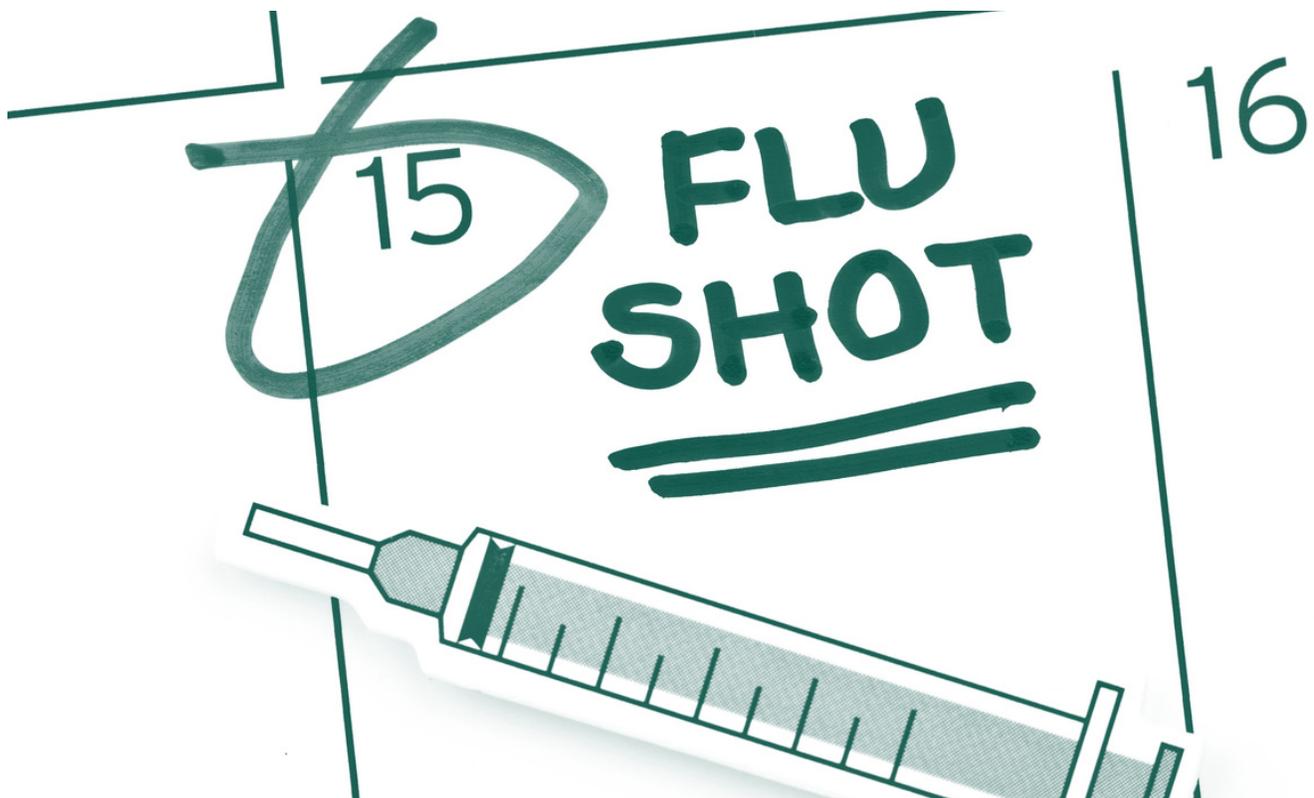
Preventing seasonal flu

The first and most important step in preventing flu is to get a flu shot each year. The flu shot has been shown to reduce flu related illnesses and the risk of serious flu complications that can result in hospitalization or even death.

The CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes, and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

Who should get an annual flu shot?

Everyone 6 months and older.



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COVID-19 & Influenza (Flu)

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

Influenza (flu) and COVID-19 (Coronavirus) are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (SARS-CoV-2) first identified in 2019. Flu is caused by infection with a flu virus.

You cannot tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms. Specific testing is needed to tell what the illness is and to confirm a diagnosis.

People with flu and COVID-19 at the same time can have more severe disease than people with either flu or COVID-19 alone.

Can I get a flu shot at the same time as I get my COVID-19 booster shot?

Yes, you can get the COVID-19 booster and flu shot during the same visit. Even though both can be given at the same time, people should follow the recommended booster and flu shot schedules.



Can I get my COVID-19 booster and flu shot at the same time?



YES. If it's time for your COVID-19 booster dose, get your flu shot the same day!

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COVID-19 & Influenza (Flu)

Is it safe to get the COVID-19 booster and flu shot during the same visit?

Studies conducted indicate that it is safe to get both the COVID-19 booster and flu shot at the same time.



Where can I get the COVID-19 booster and flu shot in Mono County?

- Local pharmacies (Vons, Rite Aid, etc.)
- Mono County Public Health (760) 924-1830
 - Bridgeport
 - Mammoth Lakes
- Toiyabe
 - Bridgeport (530) 495-2100 (Flu shot only)
- Or contact your primary care physician

