



FLU SHOTS, VACCINATIONS, AND BOOSTERS

Flu season is upon us, and the South Carolina Department of Health and Environmental Control (DHEC) is now encouraging everyone to get their annual flu shot and take other precautions to prevent severe cases of influenza. Vaccines are easy to get, because many pharmacies, primary care providers, and vaccine providers offer flu shots.

COVID-19 and the flu have many of the same symptoms including fever or chills, coughing, and sore throat. Because of this, anyone experiencing symptoms should talk to a health care provider about testing for COVID-19 and flu. Free COVID-19 testing kits are available at [DHEC health departments](#).



The [quadrivalent flu vaccine](#) offers the best protection against the four most common flu viruses, including two influenza A viruses and two influenza B viruses. It is important to receive the flu vaccine every fall since the flu virus changes every year and requires an updated vaccine. Getting a flu vaccine remains especially important due to the possibility of a more severe flu season.

In addition to vaccines, other precautions are strongly recommended to prevent virus spread including washing your hands regularly with soap and water, covering your coughs or sneezes with a tissue or your elbow, and staying home and away from others when sick. Masking to prevent COVID-19 is also recommended based on community levels in individual counties.

The flu vaccine is recommended for everyone over the [age of six months](#), and is safe for pregnant women and women wishing to become pregnant. A COVID-19 vaccination is also available for anyone over the [age of six months](#), and [boosters](#) are also recommended for various age groups and populations. The vaccines for flu and COVID-19 can both be safely administered during the same visit. DHEC provides weekly flu surveillance reports for South Carolina online at scdhec.gov/flu.

REFERENCE

Department of Health & Environmental Control(DHEC). (2022, September 22).DHEC encourages annual flu shots, COVID-19 vaccinations and boosters as colder months approach[Press Release]. Retrieved from <https://scdhec.gov/index.php/news-releases/dhec-encourages-annual-flu-shots-covid-19-vaccinations-boosters-colder-months>

