



I'm sick with the flu or COVID-19. Now what?

Flu and COVID-19 can cause symptoms like fever, cough, sore throat, runny nose, headaches, and a lack of energy. If you catch flu or COVID-19, talk to your doctor to learn if you can take an antiviral drug to help you recover faster, especially if you're at high risk for severe illness. Stay home and away from others until you feel better. While you're sick, monitor your symptoms and get medical care if you have:

- Trouble breathing
- Pressure or pain in your chest
- Extreme sleepiness
- Confusion or dizziness



Each year, millions of people get sick, and thousands need hospital care or die from respiratory infections caused by viruses. Vaccines help prevent these outcomes or lessen their severity. You can lower your risk of getting sick with a respiratory infection by staying up to date with influenza (flu), COVID-19, and respiratory syncytial virus (RSV) as needed.


Visit: cdc.gov/RiskLessDoMore
to learn more about vaccines that
can reduce the risk of getting sick
this fall and winter.



RISK LESS. DO MORE.

Get this season's vaccines





Flu, COVID-19, and RSV Facts

Respiratory viruses like flu, COVID-19, and RSV cause hundreds of thousands of hospitalizations and thousands of deaths during each year's fall and winter virus season. One of the best ways to protect yourself is by getting vaccinated. A vaccine can keep you from getting very sick and needing medical care for these illnesses. Flu, COVID-19, and RSV vaccines help people risk less severe illness and do more of what they enjoy.

Reasons to Vaccinate Against Flu, COVID-19, and RSV

You may be high risk (even if you don't know it). You're at higher risk for severe illness from influenza (flu), COVID-19, and respiratory syncytial virus (RSV) if you:

- Are 65 years and older
- Are pregnant
- Have certain medical conditions like heart, lung, kidney disease, diabetes and obesity
- Have a weakened immune system
- Live in a long-term care facility

Get Vaccinated Against Flu, COVID-19, and RSV

Flu shots are updated every year so they can fight the most current strains. The best time to get a flu shot is September and October, but getting vaccinated against flu later in the fall and winter is still important to help symptoms be less severe if you get flu after vaccination. A COVID-19 vaccine can be taken any time of year, so get it as soon as you can. Like flu, COVID-19, tends to surge in colder months, but vaccines can reduce your chance of getting a serious case. And can reduce your chances of having symptoms that last for months after your infection is over. This is called long COVID, and it already affects more than 18 million people in the U.S.



Everyone ages 75 and older should get one dose of an RSV vaccine. Talk to your doctor to assess your risk.



Are you at higher risk for severe illness?

You are considered high risk for a severe case of flu or COVID-19 if you:

- Are 65 years or older
- Are pregnant
- Have certain medical conditions such as obesity, asthma, diabetes, or heart disease
- Have a weakened immune system

You need an RSV vaccine if you:

- Are 75 or older
- Are 60-74 with health conditions such as lung disease, obesity, diabetes or heart disease
- Are 32-36 weeks pregnant (to protect the baby)
- Have a weakened immune system
- Live in a long-term care facility