

Did you know?

You can get your COVID-19 and flu vaccine at the same time!

COVID-19 and seasonal influenza (the flu) are both highly contagious illnesses. They can lead to serious complications, especially for those who are pregnant. Getting vaccinated against these viruses is the best way to keep you and your loved ones safe. Both vaccines can help prevent severe illness and hospitalization if you are infected.

Is it safe to get the COVID-19 and flu vaccine at the same time?

Yes! You can get the flu shot and other vaccines at the same time—including the COVID-19 vaccine. This is recommended by the American College of Obstetricians and Gynecologists and the Centers for Disease Control and Prevention (CDC). The CDC tracks all vaccines for safety through their [Vaccine Adverse Event Reporting System](#) (VAERS).

What are the benefits of getting both vaccines at the same time?

Getting the flu and COVID-19 vaccines together may help you avoid unnecessary doctor appointments. This helps limit your risk of exposure to germs and may protect people around you.

Do the vaccines interfere with one another?

No. These are [different types of vaccines](#), and they each work a little differently. What they have in common is that they both trigger an immune system response that helps your body fight off a virus or infection if you are exposed. Both vaccines are very safe and effective when given together. In fact, the CDC recommends you get a COVID-19 vaccine (or booster, if eligible) at the same time that you get your flu shot.

Will I have more side effects if I get them at the same time?

Some studies found that people who got both shots at the same time had a slightly higher rate of mild side effects such as fatigue, headache, and muscle aches. Other studies found no differences. This means that for most of us, getting a flu and a COVID-19 vaccine at the same time is the best option.

Resources:

- [Infographic: Pregnant? Top 3 Reasons Why You Need a COVID-19 Vaccine \(Léalo en español\)](#)
- [Infographic: Pregnant? Top 3 Reasons Why You Need the Flu Vaccine \(Léalo en español\)](#)
- [Infographic: Why Should I Get the COVID-19 Vaccine While I'm Pregnant? ACOG \(Léalo en español\)](#)
- [Video: Get Your Recommended Vaccines During Pregnancy](#)
- [Video: Get Your Recommended COVID-19 Vaccine During Pregnancy \(Véalo en español\)](#)
- [Video: Get Your Recommended Flu Vaccine During Pregnancy](#)
- [FAQs: The Flu Vaccine and Pregnancy](#)
- [FAQs: COVID-19 Vaccines: Answers from Ob-Gyns](#)

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