



# UT Health Rio Grande Valley

## Flu Shot During the COVID-19 Pandemic

### COVID-19 and the flu – What's the difference?

The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Both can spread from person-to-person, and the CDC recommends social distancing, frequent hand-washing and the use of cloth face covering to lessen infection. Because some of the symptoms of flu and COVID-19 are similar, testing may be needed to help confirm a diagnosis. You can learn more about other key differences and the most recent available information on COVID-19 and the flu at [cdc.gov/flu/symptoms/flu-vs-covid19.htm](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm).



### Why should I get the flu shot?

Getting a flu vaccine is more important than ever during 2020-2021 **to protect yourself and the people around you from the flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.** Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.



### Who should get the flu shot?

**Everyone 6 months and older** should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza. People at High Risk of Developing Flu-Related Complications ([cdc.gov/flu/highrisk/index.htm](https://www.cdc.gov/flu/highrisk/index.htm)) has a full list of age and health factors that confer increased risk.

Information for who cannot get a flu vaccine and who should talk to their doctor before getting a flu vaccine is available at Who Should & Who Should NOT Get Vaccinated ([cdc.gov/flu/prevent/whoshouldvax.htm](https://www.cdc.gov/flu/prevent/whoshouldvax.htm)).



### When should I get the flu shot?

**Get vaccinated in early fall, before flu season starts, or by the end of October.** It takes about two weeks after vaccination for antibodies that protect against the flu to develop in the body and provide protection against the flu.



## Where can I get the flu shot? What is the cost?

### EMPLOYEES:

Flu shots are **FREE** in Edinburg, Harlingen, and Brownsville at **UT Health RGV Employee Health locations to all UTRGV benefit-eligible employees.** In Brownsville, flu shots will be available to all UTRGV employees, active students, and their enrolled dependents. Walk-Ins welcome. No appointment needed. Please have your insurance card available at check-in.

#### **Brownsville:**

Cortez Hall  
Suite 237  
(956) 882-3896

#### **Edinburg:**

UT Health RGV Employee Health (Edinburg)  
Research Education Building (EREBL)  
1214 W. Schunior St., 1st floor  
(956) 296-1731

#### **Harlingen:**

UT Health RGV Multispecialty (Harlingen)  
2106 Treasure Hills Blvd. #1.326  
(956) 296-1519



### STUDENTS:

**ACTIVE** students can get the flu shot for **FREE** in Edinburg and Brownsville at **UT Health RGV Student Health locations.** Walk-Ins welcome. No appointment needed.

#### **Brownsville:**

UT Health RGV Student Health (Brownsville)  
Cortez Hall, Suite 237  
(956) 882-3896

#### **Edinburg:**

UT Health RGV Student Health (Edinburg)  
613 N. Sugar Road  
(956) 665-2511