



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