



Frequently Asked Questions

1. Why should I get the flu shot?

Influenza – the “flu” – is a respiratory disease caused by the influenza virus. It can cause mild to serious illness. Even healthy people can become very ill from the flu.

Getting a flu vaccine is the most important thing you can do to help protect yourself, your loved ones, and your community from the flu. If you do get the flu, the vaccine can reduce the risk of serious outcomes that can lead to hospitalization and death. Everyone aged 6 months and older should get the flu vaccine every year.

Due to COVID-19, it is **more important than ever** to get your flu shot. Getting your flu shot is the best way to protect yourself and your loved ones against the flu and its complications. Not only will the flu shot reduce your risk of getting sick from the flu, it will also help to ensure that NYC’s health care resources will be available for those who need them most.

2. Where can I get the flu shot?

The flu shot is available at **no cost** to employees, pre-Medicare retirees and dependents in 3 different ways:

WorkWell NYC clinics: Flu shots will be available for employees at worksites throughout the 5 boroughs. WorkWell NYC flu shot clinics are open to all benefits-eligible City employees, regardless of insurance coverage. To find upcoming clinic dates and locations or to schedule an appointment, visit on.nyc.gov/fluclinic.

Participating pharmacies: City employees, pre-Medicare retirees, and dependents can walk into any participating pharmacy to receive a free flu shot. You can use the NYC flu locator at nyc.gov/flu to find a pharmacy near you. Check with your insurance provider to make sure the pharmacy you choose participates in your plan. Be sure to provide your medical insurance card to the pharmacy.

In-network medical offices and clinics. City employees, pre-Medicare retirees, and dependents can visit an in-network medical office or clinic to get a flu shot. The visit co-pay will be waived when the sole purpose of going to the doctor is to get your flu vaccine. Contact your insurance provider for more information. To find a provider covered by your insurance, contact your [health plan](#). Primary care physicians are generally more likely to provide flu vaccine, but some specialists may also offer it. Check with your doctor.

3. When should I get my flu shot?

It is best to get vaccinated by the end of October but getting vaccinated anytime during flu season provides protection. The vaccine is fully effective two weeks after it is administered.

Flu and COVID-19

4. Will the flu shot protect me from COVID-19?

Getting a flu vaccine will not protect against COVID-19. However, the flu vaccination reduces the risk of flu infections as well as the risk of serious complications that can lead to hospitalization and death. This year, it is especially important to get the flu shot to reduce your risk of becoming sick and needing medical care.

5. Can I get a flu vaccine and a COVID-19 vaccine at the same time?

Everybody should get both a flu vaccine (before or during flu season) and a COVID-19 vaccine if they have not yet received one. You can get a COVID-19 vaccine before, after or at the same time as you receive any other vaccine, including the flu vaccine. For more information about COVID-19 vaccine, visit vax4nyc.nyc.gov.

WorkWell NYC Clinics

6. What type of vaccine will be available at WorkWell NYC clinics?

WorkWell NYC clinics will offer the quadrivalent flu vaccine. Additionally, a limited supply of vaccines specifically designed for those 65 years and older are available upon request, while supplies last.

7. What should I wear to make it easier to get the flu shot?

The vaccine is administered in the upper arm, so wear short sleeves or clothing that allows for easy exposure of your upper arm/shoulder. Privacy screens will be available for those who need to remove their shirt.

8. Are there any new protocols for WorkWell NYC flu shot clinics related to COVID-19?

Clinic protocols have been updated to ensure the safety of both nurses and employees. Employees should wear face coverings to receive their flu shot. All employees should make an appointment for their shot at www.apschedule.com/nycflu (username: nyc, password: welcome) and arrive at their scheduled appointment time. Employees should fill out their consent forms before arriving to minimize the time they spend at the clinic. Nurses will wear personal protective equipment (PPE), including a N95 mask or medical equivalent, while performing all vaccinations. Nurse stations will be disinfected after each vaccination.

9. What should I bring with me to get my flu vaccine?

Please bring your **employee ID card** to get your flu shot at the workplace. To get your flu shot at an in-network doctor's office or a participating pharmacy, please bring your **medical insurance card**.

10. Can I get proof of vaccination after getting my flu shot at a WorkWell NYC clinic?

Yes, please email myresults@affiliatedphysicians.com with your full name, date of birth, date and location of the vaccination. You should provide your doctor with a record of your flu vaccine each year.

11. Will there be a flu shot available for people 65 and over?

Yes, vaccines specifically designed for those 65 years and older are available upon request at WorkWell NYC clinics, while supplies last. Contact your pharmacy or doctor's office to find out what vaccines they provide.

12. Will thimerosal-free flu shots be available?

Yes, a limited supply of thimerosal-free flu shots will be available upon request at WorkWell NYC clinics, while supplies last. Contact your pharmacy or doctor's office for details about what vaccines they provide.

13. Will the nasal spray be available?

The nasal spray flu vaccine, commonly known as FluMist, will **not** be available at WorkWell NYC clinics. Contact your pharmacy or doctor's office for details about what vaccines they provide.

Safety and Effectiveness

14. Why do I need to receive the flu vaccine every year?

Flu viruses are always changing, and flu vaccines are updated every season to protect against new strains that are expected to be circulating. Immune protection from vaccination declines over time. To ensure your protection each flu season, you need a new dose of vaccine each year. The flu vaccine will prevent many flu infections. If you do get the flu, the vaccine can reduce the risk of serious outcomes and complications.

15. Can the flu shot cause the flu?

No. The flu shot only contains inactivated (killed) virus and cannot cause the flu.

16. Are there any side effects to the flu shot?

Common side effects include soreness, redness and swelling at the injection site, low fever and feeling achy and tired. Serious side effects are very rare. Ask your doctor or clinician if you have concerns about side effects.

17. Is the flu vaccine safe?

Flu vaccines have been given for well over 50 years and have a very good safety track record. The vaccines are made the same way each year, and their safety is closely monitored by the Centers for Disease Control and Prevention and the Food and Drug Administration. Hundreds of millions of flu vaccines have been given safely. Learn more [here](#).

18. If I have a cold, can I get the flu shot?

Yes, if your symptoms are mild you can get the vaccine. Mild illness does not affect the flu vaccine.

Special Populations

19. If I am pregnant, can I get the flu shot?

Yes. The flu can be dangerous to pregnant persons and their newborn infants. Anyone who is pregnant or postpartum during the flu season should receive a flu shot. Flu vaccination during pregnancy has been shown

to protect both the pregnant individual and the newborn baby (who cannot be vaccinated until 6 months of age) from flu. All pregnant people can receive the flu shot at WorkWell NYC clinics. Talk with your obstetrician or health care provider if you have any questions or concerns. Learn more [here](#).

20. What about vaccines for children?

Children under 6 months are too young for the vaccine. Caregivers can protect children 6 months and younger by getting the flu shot themselves. All individuals 6 months and older should receive the flu vaccine every year.

Children 6 months to 5 years of age who attend a New York City-licensed childcare or nursery school, Head Start, or pre-kindergarten must get one dose of flu vaccine between July 1 and December 31 every year.

Some children 6 months through 8 years of age will need two doses of flu vaccine for adequate protection from flu. A pediatrician or health care provider can determine the appropriate flu shot schedule for your child.



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