

# Vaccination Resources with QR Codes: Flu and COVID-19

The resources on each page below will help you to educate your patients, customers, or constituents about various vaccination topics. Click the links on the menu below to access the resources of your choice. You can print any page and post them in your office, practice, facility or community organization. Do not post this first page. A link is included for each resource in case accessing a QR code is not possible.

**Helpful Tip:** Each page contains a QR code with instructions for using a cell phone to access the tool. Familiarize yourself with the use of QR codes if the person wanting to access a resource has questions.

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# Find COVID-19 Vaccines Near You

**Find COVID-19 Vaccines**  
Powered by VaccineFinder

**New: Updated COVID-19 Booster Vaccine Now Recommended for Children and Adults**

Select the "newly authorized bivalent" options below for children or adults to find a location near you. If you do not find a convenient location, check back later or contact your health care provider or local health department. [Learn more about COVID-19 booster recommendations](#)

**5-digit Zip Code**  
Zip Code

**Updated vaccines**  
(for those already vaccinated) +

**Primary vaccines**  
(for those not yet vaccinated) +



[bit.ly/3KwETDp](https://bit.ly/3KwETDp)

Need help locating a place near you where you can get your COVID-19 Vaccine or booster? Follow this QR code or web link to find your local COVID vaccination provider.

## How to Scan a QR Code

1. Open your camera or QR code app.
2. Using the rear facing camera, hold your device so that the QR code appears in the viewfinder in the camera or QR code app.
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# Find Flu Vaccines Near You

## Find Flu Vaccines

Powered by VaccineFinder

### 5-digit Zip Code

Zip Code

### Vaccine Options

- Flu Shot (Egg free)
- Flu Shot
- Flu Nasal Spray
- Flu Shot (65+, high-dose or adjuvanted)

[More about flu vaccines](#)

Search for Flu Vaccines

[I'm looking for COVID-19 vaccines](#)



<http://bit.ly/41ihnQw>

The flu vaccination can keep you from getting sick with the flu. Follow this QR code or web link to find where to get your flu vaccine.

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# Myths and Facts About COVID-19 Vaccines



<http://bit.ly/41iHTcm>

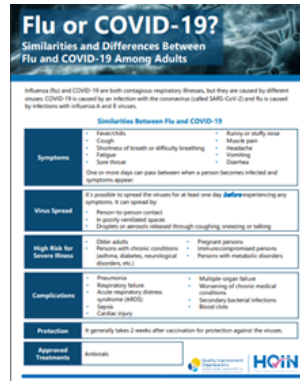
Access to accurate vaccine information will help you make informed decisions regarding COVID-19 vaccinations. Follow this QR code or web link to learn more about the common myths being circulated and facts you should know to help keep you and your family safe.

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# Flu or COVID-19?



**Flu or COVID-19?**  
Similarities and Differences Between Flu and COVID-19 Among Adults

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by an infection with the coronavirus called SARS-CoV-2 and flu is caused by infections with influenza A and B viruses.

Similarities Between Flu and COVID-19	
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>Fatigue/lethargy</li> <li>Cough</li> <li>Shortness of breath or difficulty breathing</li> <li>Fatigue</li> <li>Sore throat</li> </ul>
<b>Virus Spread</b>	<ul style="list-style-type: none"> <li>It's possible to spread the viruses for at least one day before experiencing any symptoms. It can spread by: <ul style="list-style-type: none"> <li>Person-to-person contact</li> <li>In poorly ventilated spaces</li> <li>Droplets or aerosols released through coughing, sneezing or talking</li> </ul> </li> </ul>
<b>High Risk for Severe Illness</b>	<ul style="list-style-type: none"> <li>Elderly adults</li> <li>Persons with chronic conditions (asthma, diabetes, neurological disorders, etc.)</li> <li>Multiple organ failure</li> <li>Worsening of chronic medical conditions</li> <li>Personnel with metabolic disorders</li> </ul>
<b>Complications</b>	<ul style="list-style-type: none"> <li>Pneumonia</li> <li>Respiratory failure</li> <li>Acute respiratory distress syndrome (ARDS)</li> <li>Septic shock</li> <li>Cardiac injury</li> </ul>
<b>Prevention</b>	It generally takes 2 weeks after vaccination for protection against the virus.
<b>Approved Treatments</b>	Antivirals



<http://bit.ly/3m0L7kR>

The flu and COVID-19 can have similar symptoms. Follow this QR code or web link to learn the differences.

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# Key Facts About Influenza (Flu)



<http://bit.ly/41knKmb>

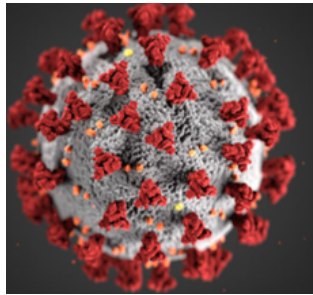
It is possible to spread the virus 1 day before symptoms appear and may be most contagious during the initial 3 to 4 days and remain contagious for about 7 days. People with weakened immune systems can be contagious longer. Follow this QR Code or web link to learn more about flu.

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# How COVID-19 Spreads



<http://bit.ly/3kj06G8>

Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms. Follow this QR code or web link to better understand how the COVID-19 virus is spread and how to avoid getting it or spreading it.

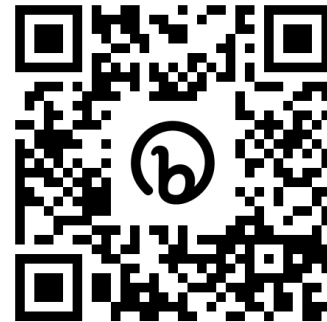
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# Influenza (Flu): Frequently Asked Questions

 Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People™



<http://bit.ly/3ZgG8dR>

Flu vaccines can change annually depending on the predominant flu variants and recommendations can change accordingly. Follow this QR code or web link to access frequently asked questions and answers about influenza.

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# 7 Questions About COVID-19



**7 Questions About the COVID-19 Vaccine**  
 Answered by Health Quality Innovators Pharmacist Cindy Warriner, BS, RPh, CDCES

- 1 What does bivalent mean as it refers to the COVID-19 bivalent vaccine?**  
 Bivalent means that the vaccine protects you from the original COVID-19 virus SARS-CoV-2 as well as other variant strains. This type of vaccine contains two strains of the virus.
- 2 Who should get the COVID-19 vaccine, and how many doses?**  
 People ages 6 years and older should receive at least one vaccine annually, including those who are immunized or severely immunocompromised. Everyone who is eligible should get the vaccine.
- 3 Is the COVID vaccine going to continue to change?**  
 The virus itself is constantly changing and future vaccines will be updated to address the various new strains when possible. Visit the [CDC website](#) or scan the QR code at the bottom of this page for the latest information.
- 4 Can you get the COVID-19 vaccine and the flu or pneumonia shot together?**  
 Absolutely, and it's a great way to prepare for the fall and winter flu season!
- 5 Are you "bo to there" after completing a primary series or getting a COVID-19 vaccine annually? You are "Up to Date" with COVID-19 vaccines if you have received a COVID-19 vaccination annually. In some cases, an additional booster of vaccine is recommended. See the links below for more information.**
- 6 If you are moderately or severely immunocompromised (have a weakened immune system), should you get the COVID-19 vaccine? Absolutely YES! People who have a weakened immune system are at increased risk of severe COVID-19 illness and death. Please visit these links for more information: People Who Are Immunocompromised and COVID-19 Vaccines for People Who Are Moderately or Severely Immunocompromised.**
- 7 Where can I get more information about when to get COVID-19 vaccines?**  
 Visit the CDC's website to learn more about [getting the COVID-19 vaccine](#).

Click the links above or scan the QR codes to learn more.

People Who Are Immunocompromised    Vaccines for Those Who Are Immunocompromised    Vaccines for COVID-19





<http://bit.ly/3NMWN4J>

If you have questions about COVID-19 vaccines, follow this QR code or web link to learn more.

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# What is Long COVID?

**What is Long COVID?**

Sometimes sickness can linger. For example, if you have a common cold that results in a cough lasting more than a month, it might need attention. Like other illnesses, symptoms of COVID-19 can linger too.

You may have heard of long COVID. Symptoms of COVID-19 that last over four weeks might be long COVID. Some people's long COVID symptoms can last for months or longer.

There are many symptoms of COVID and long COVID that can affect different organs in your body. Some people with long COVID might have "brain fog" while others may have lasting heart problems. It affects people differently. These symptoms can also be signs of other illnesses, so it is important not to assume you have post-COVID condition. Tell your health care providers about your concerns with any ongoing or new symptoms. This can help them rule out other illnesses.

People can get long COVID even if they weren't terribly sick when they had the virus. Also, certain variants can make long COVID worse. A variant is a version of COVID as it changes over time. All viruses change a bit over time.


**How Can I Avoid Long COVID?**

Current research shows that long COVID affects older people more than younger people and unvaccinated more than vaccinated people. The best way to avoid long COVID is to not get the virus at all. Preventing COVID-19 infections and long COVID is dependent on staying up to date with vaccines and protecting yourself from the virus.

Being confidently aware of your surroundings and the people around you is key to avoiding COVID. To avoid getting sick, if a friend has any COVID symptoms, wait until they are better and have tested to visit. Continue to follow good handwashing practices and wear a mask as directed by your health department and anytime it would make you feel more comfortable.

If, despite your best efforts, you do get the virus, studies have shown that being up to date with vaccinations decreases the risk of getting long COVID and reduces the number and severity of symptoms. Up to date means you have had all the vaccinations you are due for, including boosters. Scientists will keep studying COVID-19 and working on treatments. In the meantime, we can all do our part to keep ourselves and others safe and healthy.

The information on this page is for informational purposes only. It is not intended to be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this page. © 2022 Health Quality Innovation Network. All rights reserved.




<http://bit.ly/3keqX6s>

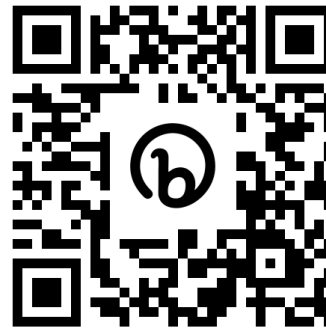
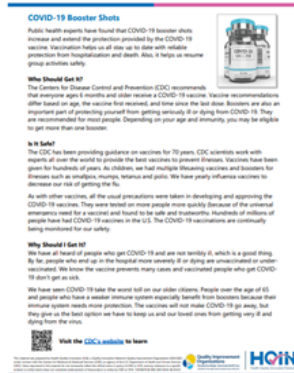
Symptoms of COVID-19 can last several weeks or months. Follow this QR code or web link to explore more about how to identify symptoms of long COVID.

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# COVID-19 Vaccines and You



<http://bit.ly/3XTFUL>

If you or a loved one has not had their COVID-19 vaccine or would like to know more before getting it, follow this QR code to learn more.

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# Who Needs the COVID-19 Vaccine?



<http://bit.ly/3KuvCf2>

Stay up to date with COVID-19 vaccine information and recommendations. Follow this QR code or web link to understand the latest recommendations.

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# Important Information About Adult Vaccinations



<http://bit.ly/3IVAqQq>

You may not realize you need vaccinations throughout your adult life. Follow this QR code or web link to understand key information about the importance of adult vaccinations.

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