ECAC Meeting Presentations

October 14, 2020
Consumer Equity Council

Dr. James Kyle
Updates

• L.A. Care Health Plan is committed to ensuring that equity and social justice concerns guide our internal operations in response to the current social unrest and a global pandemic that have disproportionately ravaged communities of color.

• L.A. Care is implementing a Consumer Equity Council composed of members to advise L.A. Care’s internal Member Equity Council in these efforts.

• This is in response to members’ deep commitment to this topic and to be included in the new equity council structure.
• The Consumer Equity Council will be a new leadership opportunity for members to discuss this important subject with L.A. Care.

• **Council Details:** will consist of between 11 and 13 members and the Council’s members will strive to be representative of L.A. County’s demographic diversity.
  - The suggested number will also allow the Council to reflect the diversity of L.A. Care and Los Angeles County taking into account race/ethnicity, age, language spoken, zip codes, disability, sexual orientation and gender identity, etc.

• **Meeting Frequency:** Meetings will take place on a quarterly basis or as needed depending on the organizations need of feedback from members and internal deadlines for the assumed feedback.

• **Kick-Off:** Member orientation for members apart of the Council will take place before the end of the year.
EXECUTIVE COMMUNITY ADVISORY COMMITTEE (ECAC) - GOVERNMENT AFFAIRS UPDATE
Wednesday, October 14, 2020

**Legislative Update**

The COVID-19 pandemic greatly affected the legislative process this year. In the spring, the Legislature took an unprecedented two-month break when Governor Gavin Newsom issued a statewide order for people to stay home to prevent the spread of the virus. The lawmakers returned to the Capitol in May and passed a reduced state budget, and began setting aside bills that would no longer make the cut because there was less time to hold hearings and less money to spend on new initiatives. With that said, there were a few health related bills that made it to Governor Newsom’s desk for review and were eventually signed into law. Highlighted below are three important bills that are of interest to L.A. Care Health Plan’s operations.

**Assembly Bill (AB) 890 – Nurse Practitioners Scope**
California has been facing a shortage of primary care providers for a long time. People most affected by these shortfalls are largely low-income, Latinx, African American, and Native Americans living in rural areas. Governor Gavin Newsom signed AB 890 into law to try to address this problem. The bill allows nurse practitioners to provide basic primary care without physician oversight.

Specifically, the bill allows a certified nurse practitioner to practice without the supervision of a physician if the nurse practitioner meets specified requirements, including having practiced under the supervision of a physician and surgeon for an unspecified number of hours. The bill also would allow a nurse practitioner to perform things like, ordering and interpreting diagnostic procedures, certifying disability, and prescribing, dispensing, and administering controlled substances.

While AB 890 will go into effect on January 1, 2021, actual implementation will not begin until January 1, 2023 after the state has completed an analysis and setting requirements for their scope of practice. Once implemented, California will join twenty-two states and D.C. that already allow nurse practitioners to work independently.

**Assembly Bill (AB) 2276 – Childhood Lead Poisoning: Screening and Prevention**
Studies have shown that exposure to lead can result in developmental delays, attention deficit issues, cognitive disorders, behavioral disorders, and a lifetime of severe mental and physical ailments in children. California state law requires that children enrolled in Medi-Cal receive tests for elevated lead levels between the ages of one and two years old. However, a recent report by the California Auditor’s office found that more than 1.4 million children covered by Medi-Cal did not receive proper lead tests and the Department of Public Health was neglecting the prevention of lead poisoning.
This law will address many of the key issues identified in the audit. It will require the State, managed care plans, and providers to make protective lead screening services a priority for Medi-Cal children. Medi-Cal managed care plans are required to identify enrolled children who have not received the required lead tests, and notify the child’s healthcare provider, as well as state regulators, about the missed tests.

Once AB 2276 goes into effect, California will be able to impose a penalty on managed care plans that don’t comply with lead testing requirements. In addition, the bill requires the doctors to complete blood lead level testing for children who live in high risk areas or near lead-producing facilities. The Department of Public Health is also required to update its funding formula for local lead poisoning prevention programs to account for the presence of all lead-exposed children in a county.

AB 2276 will go into effect on January 1, 2021.

**Senate Bill (SB) 855 – Health Coverage: Mental Health or Substance Use Disorder**

Several reports show that there is a severe need for mental health services. A report by the Centers for Disease Control (CDC) found that rates of anxiety and depression have skyrocketed. For years, advocates have argued that California’s mental health parity law has huge loopholes – which they say the insurance industry has used to deny critically important care. To address this problem, Governor Newsom signed SB 855 which applies to commercial product lines but excludes Medi-Cal (due to the implementation cost).

SB 855 requires health plans to provide full coverage for the treatment of all mental health conditions and substance use disorders and establishes specific standards for what constitutes medically necessary treatment and criteria for the use of clinical guidelines.

This bill builds on Governor Newsom’s previous efforts to improve the state’s behavioral health delivery system and help better serve individuals experiencing mental illness. In January, the Governor formed a Behavioral Health Task Force to address the urgent mental health and substance use disorder needs across California. Additionally, the 2020-2021 state budget approved strategies to strengthen enforcement of behavioral health parity laws. Earlier this year, Governor Newsom also said that Mental Health Services Act funds should be used for substance abuse treatment and not just mental health care.

SB 855 will go into effect on January 1, 2021.
Auleria Eakins, Ed.D., MPA, Manager, Community Outreach and Engagement

October 2020 ECAC Update

- CMC ECAC
- Equity and Resilience Initiative Grants
- FRC/CRC Update
  - Flu Shot Clinics
  - Re-opening of CRCs
- Community Health Town Hall Meetings
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Location Details</th>
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</thead>
<tbody>
<tr>
<td>POMONA</td>
<td>Friday, October 9th 10 a.m. - 2 p.m.</td>
<td>Pomona Catholic High School 533 W Holt Ave., Pomona, CA 91768</td>
<td></td>
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<tr>
<td>LYNWOOD</td>
<td>Thursday, October 22nd 10 a.m. - 2 p.m.</td>
<td>Community Resource Center in Lynwood 3200 E Imperial Hwy, Lynwood, CA 90262</td>
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<tr>
<td>EAST LA</td>
<td>Saturday, October 24th 10 a.m. - 2 p.m.</td>
<td>East LA College 1301 Avenida Cesar Chavez, Monterey Park, CA 91754</td>
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<tr>
<td>PALMDALE</td>
<td>Friday, October 16th 10 a.m. - 2 p.m.</td>
<td>Antelope Valley Partners in Health 44226 10th St. W, Lancaster, CA 93534</td>
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</tr>
<tr>
<td>METRO LA</td>
<td>Friday, November 20th 10 a.m. - 2 p.m.</td>
<td>Community Resource Center in Metro L.A 1233 S Western Ave., Los Angeles, CA 9006</td>
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<tr>
<td>BOYLE HEIGHTS</td>
<td>Saturday, October 10th 10 a.m. - 2 p.m.</td>
<td>Wellness Center at Historic General Hospital 1200 N State St., Los Angeles, CA 90033</td>
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<tr>
<td>INGLEWOOD</td>
<td>Saturday, November 7th 10 a.m. - 2 p.m.</td>
<td>Weingart YMCA Wellness &amp; Aquatic Center 9900 S Vermont Ave., Los Angeles, CA 90044</td>
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<tr>
<td>PACOIMA</td>
<td>Friday, October 23rd 10 a.m. - 2 p.m.</td>
<td>Recreation Park 208 Park Ave., San Fernando, CA 91340</td>
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# Flu Shot Clinics

<table>
<thead>
<tr>
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<td>10 a.m. - 2 p.m.</td>
<td><strong>Community Resource Center</strong></td>
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<td><strong>3200 E Imperial Hwy, Lynwood, CA 90262</strong></td>
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<td><strong>Community Resource Center</strong></td>
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<tr>
<td><strong>9900 S Vermont Ave., Los Angeles, CA 90044</strong></td>
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<td><strong>208 Park Ave., San Fernando, CA 91340</strong></td>
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Objectives

• To raise awareness on why breast cancer screening is important

• Learn how to talk with your healthcare provider, friends, family and community about breast cancer screenings

• Seek the committees advice for other ways to get the message out
What is Breast Cancer?¹

- Breast Cancer is a disease where the cells in the breast grow out of control.

- Most breast cancers begin in the ducts or lobules:
  - Ducts: carry milk to the nipple
  - Lobules: glands that produce the milk
Facts About Breast Cancer²

• The American Cancer Society (ACS) estimates 276,480 new cases of invasive breast cancer diagnosis in women in 2020.

• Of these 276,480 new cases, it is estimated that 48,530 are detected at an early stage and 42,170 women will die from breast cancer.

• Breast Cancer is the second leading cause of cancer death in women.
Guidelines for Screening³

• Women aged **50 to 74 years old** should be screened for breast cancer **every 2 years**.

• Women younger than 50 should still talk with their healthcare provider about breast cancer screening if they have family history or have breast-related problems

• The recommended screening is a mammogram
What is a Mammogram?4

• A mammogram is an X-Ray picture of your breast.

• The X-Ray machine is a standing machine that will flatten your breast in order to capture an image.

• The technician will help position you with the machine and check the images before you leave to make sure an image doesn’t have to be recaptured

• The whole process takes about 15 minutes
Why Is Screening Important?\(^5\)

• Screening is important to find breast cancer in its earlier stages – where the chances of survival are highest.

• If the X-Ray shows an abnormal reading, further follow up will be done by your healthcare provider:
  - Examples include:
    • Ultrasounds if they find dense breast tissue
    • Biopsy to determine if there are cancerous cells
Clinical Breast Exam

• Talk with your healthcare provider if you feel a lump in your breast.

• They will perform a routine check up called a Clinical Breast Exam. This is where they feel your breast and underarm to feel for a lump.

• You can ask for a Clinical Breast Exam if you have any concerns, even if your healthcare provider has not offered one.
Talk With Your Healthcare Provider

• Topics to bring up with your healthcare provider:
  - Family History of Breast Cancer
  - Abnormalities in the breast (example: a lump, swelling)
  - Clinical Breast Exam
  - Scheduling a Mammogram
What are some reasons that keep people from getting screened? How can we help them?
Ways to Address Concern

• Encourage your family and friends to talk with their healthcare provider about whether they are due for their breast cancer screening

• Let your family and friends know that **preventive screenings** are free! If their mammogram is done as a preventive screening, there is no cost associated to the screening!

• Let your family and friends know screenings will only take 15-20 minutes of their time for peace of mind!
What has L.A. Care done?

• Robo Calls (Made in June and September 2019)

• Sent mailers to members between the ages of 50 to 74 in South Bay and Long Beach area (Mailers to be sent October 2020) due to high rates of disparity

• My Health In Motion Portal for breast cancer screening resources
Breast Cancer

is the most common cancer among women, regardless of race or ethnicity. More and more women are winning the fight against breast cancer, in part due to early detection.

Health and wellness or prevention information

Women ages 50-74 should get a mammogram, a screening for breast cancer, every two years.

Taking the time to get a mammogram could save your life.

It’s as easy as 1 2 3

1. Talk with your doctor about getting a screening.
2. Make an appointment at a center in your network. To find a center, call your doctor or Medical Group listed on your ID card.
3. Get a mammogram!

You are worth the time it takes to get screened. Your loved ones will thank you!
El cáncer de seno

es el tipo más común de cáncer entre las mujeres, sin importar la raza o el origen étnico. Cada vez más mujeres ganan la batalla contra el cáncer de seno **debido**, en parte, a la detección temprana.

Las mujeres de entre **50 y 74 años de edad** deben hacerse una mamografía, que es una prueba de detección de cáncer de seno, cada dos años.

Tomarse el tiempo para hacerse una mamografía podría salvarle la vida. **Es tan fácil como contar 1 2 3**

1. Hable con su médico sobre su deseo de hacerse una mamografía.
2. Programe una cita en un centro de su red. Para encontrar un centro, llame a su médico o grupo médico que aparece en su tarjeta de identificación.
3. ¡Hágase la mamografía!

**Usted vale el tiempo que demora la prueba de detección. ¡Sus seres queridos se lo agradecerán!**
What else can L.A. Care do to help get this message out?
What can **YOU** do to help get screening rates up in your community?
References

• 1 https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm

• 2 https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html

• 3 https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening

• 4 https://www.cdc.gov/cancer/breast/basic_info/mammograms.htm

• 5 https://ww5.komen.org/breastcancer/earlydetectionampscreening.html
Prevention is Power!

Thank you for your help in our efforts to build healthy communities!
Flu Vaccines
Christian Escobedo, Pharm.D.
2019-2020 U.S. Flu Season: Burden Estimates

- 62,000 flu deaths
- 740,000 flu hospitalizations
- 26 million flu medical visits
- 56 million flu illnesses
Who Should Get the Flu Vaccine?

- Everyone 6 months and older
- Should not get if you have a severe, life-threatening allergy to the vaccine or any ingredient in the vaccine
  - Most egg allergies are okay! But check with your doctor before you get one.
Vaccine Cost

- All flu vaccines are covered and will cost $0 for L.A. Care members

<table>
<thead>
<tr>
<th>Influenza Vaccine*</th>
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<tbody>
<tr>
<td>Medi-Cal</td>
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<tr>
<td>$0</td>
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<tr>
<td>Cal MediConnect</td>
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<tr>
<td>$0 under Part B</td>
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<tr>
<td>L.A. Care Covered</td>
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<tr>
<td>$0</td>
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<tr>
<td>PASC-SEIU Plan</td>
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*Pharmacy benefit subject to change. Please consult member services or your plan’s formulary for official details.
Where Can I Get Vaccinated?

- Doctor's office
- Pharmacy
- Health clinic
- Urgent care
- Resource Center (FRC/CRC)
- Employer
- Health department
- College health center
## L.A. Care Flu Shot Event Schedule

All Events are from 10:00AM-2PM and Drive-Thru

<table>
<thead>
<tr>
<th>CRC/FRC/Other</th>
<th>Date</th>
<th>Location</th>
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<tr>
<td>Pomona</td>
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<td>Palmdale</td>
<td>10/16 - Friday</td>
<td>Antelope Valley Partners in Health - 44226 10th St W, Lancaster, CA 93534</td>
</tr>
<tr>
<td>CRC L.A. Care and Blue Shield Promise Event</td>
<td>10/17 - Saturday</td>
<td>Exposition Park - 700 Exposition Park Dr., Los Angeles, CA 90037</td>
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<tr>
<td>Lynwood - DPH Partnership</td>
<td>10/22-Thursday</td>
<td>Lynwood Center - 3200 E Imperial Hwy, Lynwood, CA 90262</td>
</tr>
<tr>
<td>Pacoima</td>
<td>10/23 - Friday</td>
<td>Recreation Park - 208 Park Ave., San Fernando, CA 91340</td>
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<td>10/24 - Saturday</td>
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<td>Lynwood</td>
<td>11/14 - Saturday</td>
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Events Link: [https://www.lacare.org/events/flu-center](https://www.lacare.org/events/flu-center)
Get Your Flu Shot at an L.A. Care Flu Event and Get…

- $10 Gift Card (1 Per Person, While Supplies Last)
- Resource Bag (1 Per Adult, May Vary by Clinic Site)
  - First aid kits
  - Color pencil kits
  - Frisbees
  - Chapsticks
  - Water
- Healthy Snacks, Flu Shot Stickers
For More Information

• Please Visit the Fight the Flu Program Webpage on L.A. Care’s Website
  - Link: https://www.lacare.org/healthy-living/health-resources/healthy-living-prevention/fight-the-flu

Fight the Flu Program

The best way to protect yourself and those you love from getting the flu is to get vaccinated. Many people don’t get the flu shot because they believe it will make them sick, doesn't work, or that the flu isn't serious. These are all myths! The truth is it's more important than ever to get vaccinated against flu because of the current COVID-19 pandemic.

Learn the truth about the flu vaccine! Watch our Flu Myth Busters video.

How does the Flu Vaccine work?

Getting vaccinated is the best way to reduce your risk of getting the flu.

Find answers to many common questions about the flu and flu vaccine.

Learn More
Email: CEscobedoolacare.org
Thank you!
References


# COLD VS. FLU VS. CORONAVIRUS

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>COLD</th>
<th>FLU</th>
<th>CORONAVIRUS**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>High (100-102°F) Can last 3-4 days</td>
<td>Common</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Intense</td>
<td>Can be present</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual, often severe</td>
<td>Can be present</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Mild</td>
<td>Intense, Can last up to 2-3 weeks</td>
<td>Can be present</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual (starts early)</td>
<td>Can be present</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Common</td>
<td>Has been reported</td>
</tr>
<tr>
<td>Cough</td>
<td>Mild to moderate</td>
<td>Common, Can become severe</td>
<td>Common</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>Rare</td>
<td>Rare</td>
<td>In more serious infections</td>
</tr>
</tbody>
</table>

**Sources:** National Institute of Allergy and Infectious Diseases, CDC, WHO. **Information is still evolving**
How Do Vaccines Work?

Vaccines reduce the risk of disease by working with the body’s natural defenses to safely develop immunity to the disease.

A vaccine contains the weakened or killed form of the disease.

Body begins creating antibodies from the vaccine.

If you get flu, antibodies will return and destroy the virus, protecting you.

Antibody  Vaccine  Flu
What Side Effects Can Occur?

Supplemental Slide

**Common**
- Redness/swelling
- Minor headache
- Muscle ache

**Very Rare**
- Fainting
- Allergic reaction
Flu Vaccines FAQ

Supplemental Slide

• Why should I get the flu vaccine every year?
  - Protection declines over time
  - Flu viruses are constantly evolving and changing
Flu Vaccines FAQ

Supplemental Slide

• Does the flu vaccine work right away?
  - No, it takes 2 weeks before you are protected
Flu and COVID-19

Supplemental Slide

• It is important to get both influenza and pneumonia vaccinations, which will prevent you from developing serious respiratory complications.

• Studies show that the flu vaccine decreases the chance of influenza and pneumonia, especially in people with diabetes.

• The symptoms of COVID-19 are similar to those of the flu (fever, cough, and fatigue).

• Getting the flu vaccine will be useful in preventing the flu and reducing the possible confusion with COVID-19.
• Can I get flu and COVID-19 at the same time?
  - Yes. It is possible to have flu (and other respiratory illnesses) and COVID-19 at the same time.
  - Experts are currently study how common this can be.
Will a flu vaccine protect me against COVID-19?
- Getting a flu vaccine will not protect against COVID-19, however, flu vaccination will prevent you from getting the flu and spreading the flu.
Flu and COVID-19
Supplemental Slide

• Does the flu shot increase your risk of getting COVID-19?
  - There is no evidence that getting a flu vaccine increases the risk of getting COVID-19.
  - There are many benefits from getting your flu shot and preventing flu, especially with the COVID-19 pandemic.
  - It’s even more important to do everything possible to prevent illnesses and save health care resources for those in need.