Flu Shots and COVID Boosters: A double shot of protection   (*Interview Transcripts*)

Dr. Bill Walsh, Chief Medical Officer, OSF HealthCare

"I urge everybody who is eligible to get a COVID vaccine booster to do so, and the reasons why are multifactorial. Number one is because your immunity wanes and you need to protect yourself. Number two is that the virus has changed slightly and the newest booster is most effective at protecting against those changes." (:22)

Dr. Bill Walsh, Chief Medical Officer, OSF HealthCare

"Please understand that the recommendation is for both the flu shot and the COVID shot. There is no cross reactivity even though the symptoms might be similar between COVID-19 and influenza. The influenza shot will not help against COVID, and the COVID vaccination will not protect you against influenza." (:21)

Dr. Bill Walsh, Chief Medical Officer, OSF HealthCare

"Many times you get more than one vaccine. Most of the time when you get a tetanus shot, it also includes pertussis. Many of the vaccinations pediatricians give to children have more than one vaccine in each shot. So, it is standard and normal for more than one vaccine to occur at a time." (:21)

Dr. Bill Walsh, Chief Medical Officer, OSF HealthCare

"You know yourself best. If you are certain that you will get them both despite not getting them at one appointment, then that is completely fine, too. You may want to space them out because sometimes you have side effects. There have been a lot of questions about whether to get them both in one arm or in different arms so you have different injection sites. That really boils down to personal preference." (:25)