

**YOU'VE
GOT THIS.**
We've got you.

Flu and COVID-19

Vaccine Facts

Why Should I Get Vaccinated?

- Getting vaccinated is the best way to reduce your risk of getting very sick if you do get these diseases.
- The people most at risk for getting very sick from these diseases are older adults, people with disabilities and people who have compromised immune systems or health conditions like asthma, diabetes or heart and lung disease.

When Should I Get Vaccinated?

- **Seasonal Flu (Influenza):** Get in the fall every year.
- **COVID-19:** Everyone five years and older should get the 2023-2024 updated COVID-19 vaccine. People aged 65 years and older should receive 1 additional dose of any updated COVID-19 vaccine at least 4 months after previous updated dose. People who are immunocompromised may need additional doses of the updated COVID-19 vaccine and should speak with a health care professional.



Are Vaccines Safe?

- Yes. Hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.
- Vaccines do not cause diseases.

Do Vaccinations Cause Side Effects?

- Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
- The most common side effects are fever, tiredness, body aches, or redness, swelling and tenderness where the shot was given.
- Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

What is the Cost?

- Typically, vaccines are covered by insurance. Many vaccines are covered under Medicare. If you have questions, contact a health care professional or your local State Health Insurance Assistance Program (SHIP) to learn what vaccines are covered by Medicare.



QUESTIONS?

If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. **Learn more at www2.cdc.gov/nip/adultimmsched/**