



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

Flu and COVID-19

Vaccine Facts

Why Should I Get Vaccinated?

- Getting vaccinated every year is the best way to reduce your risk of getting the flu (influenza) and COVID-19.
- Vaccines reduce your risk of getting very sick if you do get the flu or COVID-19.
- The people most at risk for getting very sick from these diseases are people over age 65, 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?

- **Flu vaccine:** Get every year by the end of October or soon after.
- **COVID-19 vaccine:** Everyone aged 5 years and older should get 1 updated COVID-19 vaccine, at least two months after getting the last dose of any COVID-19 vaccine. People who are immunocompromised may get additional doses of updated COVID-19 vaccines and should talk to a healthcare professional about additional updated doses.



Are Vaccines Safe?

- 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?

- Vaccines are covered by insurance. Not insured? We can help.



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/**