



**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 six months and older should get a 2024-2025 COVID-19 vaccine. It is especially important to get your 2024-2025 COVID-19 vaccine if you are ages 65 and older, are at high risk for severe COVID-19, or have never received a COVID-19 vaccine.



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/**