

Everyone 6 months and older should get vaccinated against COVID-19 and flu this fall.

What should I know about flu?

- Healthy children and adults can still get severe influenza.
- Getting an annual flu vaccine is the best way to reduce your risk of getting sick from the flu.
- If children under 9 have never received a flu vaccine or only received it once in their lives, they should get two doses. These should be given at least four weeks apart.
- Starting this year, the CDC recommends that it is safe for people with egg allergy to get any flu vaccine as long as it is otherwise appropriate for their age and health status.
- Flu season usually runs from October to April. While it's best to get the flu vaccine by the end of October, vaccination any time in the flu season is better than no protection.

What should I know about COVID-19?

- Vaccination remains the best protection against COVID-19-related hospitalization and death.
- The updated COVID-19 vaccines are made by Pfizer-BioNTech, Moderna, and Novavax.
- Everyone can benefit from an updated COVID-19 vaccine. The virus has mutated over time and our immunity from past vaccines or infections decreases over time. The updated vaccine is closer to the strains that are circulating today.
- For people with health insurance, most plans will cover COVID-19 vaccine at no cost to you.
- The CDC Bridge Program will provide the vaccine at no cost to people who do not have insurance or whose insurance does not cover the vaccine.
- The Vaccines for Children program provides no cost vaccines to children who cannot pay for them. This program covers all childhood vaccines including COVID.
- If your child is under 5 years old, if you are immunocompromised, or if you are over 65, talk with your doctor about how many doses of the updated COVID vaccine they recommend.



*Time spent
sick is time
away from the
people you
love.*



Visit [Vaccines.gov](https://www.vaccines.gov) to find COVID and flu vaccines near you!

Did you know? You can get your flu and COVID-19 vaccines at the same time! (And don't forget about RSV!)



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