

Over 60? You're at increased risk for severe illness from COVID-19, flu, and RSV.

The good news? We've got vaccines for all three!

What should I know about flu?

- Getting an annual flu vaccine is the best way to reduce your risk of getting sick from the flu.
- 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.

What should I know about COVID-19?

- Vaccination remains the best protection against COVID-19-related hospitalization and death.
- Most health insurance plans will cover COVID-19 vaccine at no cost to you.
- The CDC Bridge Program will provide the COVID vaccine at no cost to people who do not have insurance or who's insurance does not cover the vaccine.
- If you are immunocompromised or over 65, talk with your doctor about how many doses of the updated COVID vaccine they recommend.

What should I know about RSV?

- The RSV vaccines are more than 80% effective at preventing RSV-related lung infections in the first RSV season after vaccination.
- Immune systems weaken with age meaning older adults are at increased risk from RSV. Certain medical conditions may also increase your risk of getting very sick from RSV.
- Not all adults over 60 should get the RSV vaccine. People in this age group should talk to their health care provider to see if RSV vaccination is right for them.



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!)



#KeepCOHealthy