

# Defend yourself. Get your updated COVID-19 vaccine.

Protect yourself and your family  
from serious illness this season  
with an updated COVID vaccine.



The best way to prevent getting sick from respiratory illness is to get vaccinated. If you get COVID, the vaccine can help keep you from getting really sick, getting long COVID, ending up in the hospital or dying.



No need for several trips. You can get your flu and COVID shots at the same time. You do not need a prescription.



The vaccines have been updated to fight against the virus. Get vaccinated now to prevent severe illness this season.



The updated vaccines have gone through extensive safety testing. The risk of needing medical care or dying from COVID is much lower in people who receive an updated COVID vaccine.



The vaccines are available for everyone 6 months+, including those who are pregnant.



If you have recently had COVID-19, you can wait three months after you feel better before getting vaccinated.

Most people can get vaccinated for little or no-cost at pharmacies, doctors' offices, community clinics and local health departments.

Go to [MySpot.nc.gov](https://www.ncdhhs.gov) to learn more about how to protect yourself and your family.



**Your health care provider  
is the best source for  
vaccine questions.  
Contact them directly.**

