

Defend yourself. Sick season is here.

Get vaccinated to protect yourself and your family from respiratory illnesses this season.



Vaccines are the safest and most effective way to prevent from getting really sick.

WHO?

WHEN?

WHY?



**FLU
SHOT**

Everyone 6 months and older, including those who are pregnant.*

Every year. Fall or winter.

Reduces the risk of going to the doctor and makes you feel less sick if you do get the flu.**



**COVID-19
VACCINE**

Everyone 6 months and older, including those who are pregnant.*

Every year. If you were sick with COVID, you can wait three months after you get better.

The vaccine helps protect against serious illness, hospitalization and long COVID.



**RSV PROTECTION
(For Adults)**

Everyone over 60 and those who are pregnant.*

Now. The protection is long-lasting.

Getting protected from RSV can prevent a trip to the hospital or ER by up to 83%.***



**RSV PROTECTION
(For Infants)**

Infants younger than 8 months, children 8-19 months with risk factors, pregnant women at 32-36 weeks.

Fall or winter, or as soon as your doctor recommends.

RSV is the leading cause of hospitalization for infants.

*Medical providers may recommend specific dosing schedules for young children and those with weakened immune systems.

**CDC. (2024). Benefits of the Flu Vaccine.
<https://www.cdc.gov/flu-vaccines-work/benefits>

***CDC. (2024). RSV Guidance for Older Adults.
<https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/older-adults.html>



Sick Season is here. Are you ready?



There is no time like the present: get your vaccines now.



Make a plan. Respiratory viruses spread more easily during the winter. Get protected now to prevent getting really sick later.



Vaccines cut your risk of being hospitalized for flu or COVID-19 by about half.



Vaccines go 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.



No need for several trips. It is perfectly ok to get your vaccines at the same time.*

* Medical providers may recommend specific dosing schedules for young children and those with weakened immune systems.

Vaccines are available at local pharmacies, doctors' offices and community health centers.

Go to [MySpot.nc.gov](https://www.myspot.nc.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.**

