

Flu and COVID-19 Vaccine Facts

Why Should I Get Vaccinated?

- Getting vaccinated every year is the best way to prevent serious illness from flu and COVID-19.
- The people most at risk for getting very sick from these diseases are over age 65 or have health conditions like asthma, diabetes, or heart and lung disease.
- Learn more at cdc.gov/nip/adultimmsched/

When Should I Get Vaccinated?

- **Flu vaccine:** Get every year by the end of October or as soon after, every year.
- **COVID-19 vaccine:**
 - If you have not gotten a COVID-19 vaccine since last fall, you should get one now.
 - The vaccine has been updated to protect against newer strains of the virus. Talk with a trusted healthcare professional or pharmacist for questions about getting the updated vaccine.
 - If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.

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.

Are Vaccines Safe?

- Hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.
- Flu and COVID-19 vaccines do not cause diseases.

What is the Cost?

- Most vaccines are paid for by Medicare, Medicaid or private health insurance. Those who do not have health insurance should ask at a local pharmacy or health care center about free vaccines.

Questions?

- Talk with a trusted healthcare professional to find out which vaccines are recommended for you.

Local Partner: Area Agency on Aging District 7

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