



**YOU'VE  
GOT THIS.**  
*We've got you.*

- ✓ **Build your immunity.**
- ✓ **Support your community.**



**Protect yourself and your loved ones.  
Add the COVID-19 and flu vaccines to  
your list and we'll help you check it off.**

The Aging and Disability Vaccination Collaborative, powered by USAging, has partnered with community providers in your area to make getting your shots easy. Get access to services such as:

- Free local clinics
- Transportation to and from the clinics
- In-home vaccinations
- Onsite consultations from a healthcare expert

**Visit [YouGotThis.usaging.org](https://www.YouGotThis.usaging.org) to  
find vaccine providers in your area.**

# Flu and COVID-19

# Vaccine Facts

## Why Should I Get Vaccinated?

- Getting vaccinated every year is the best way to reduce your risk of getting the flu (influenza) and COVID-19.
- Vaccines reduce your risk of getting very sick if you do get the flu or COVID-19.
- The people most at risk for getting very sick from these diseases are over age 65, have a disability or have health conditions like asthma, diabetes or heart and lung disease.

## Are Vaccines Safe?

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

## When Should I Get Vaccinated?

- **Flu vaccine:** Get every year by the end of October or as soon after.
- **COVID-19 vaccine:** If you have not gotten a COVID-19 vaccine since last fall, you can get one now. 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.

## What is the Cost?

- Vaccines are covered by insurance. Not insured? We can help.

## QUESTIONS?

If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. **Learn more at [www2.cdc.gov/nip/adultimmsched/](http://www2.cdc.gov/nip/adultimmsched/)**



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