



# Give your kids extra protection against **COVID-19** with an updated vaccine.

**The updated vaccine is available for everyone ages 6 months and older to strengthen immunity against COVID-19 variants.**

The updated vaccine helps protect kids from getting really sick.

---

Kids 6 months to 11 years get a smaller dose of the vaccine than teens and adults.

---

Kids can get the shot in their arm or leg.

---

Most people can get the updated vaccine with their annual flu shot.

Keep your family protected this winter with COVID-19 and flu vaccines.  
Contact your health care provider or visit [MySpot.nc.gov](https://www.myspot.nc.gov) to find vaccine locations.

