

# It's time to get your updated COVID-19 vaccine.

Already had **COVID-19** or got vaccinated last year? It doesn't mean you're still protected. Viruses like **COVID-19** change from year to year. Updated vaccines help keep you and your loved ones safe.



## COVID-19 vaccines are safe, effective and proven to help families stay healthy this season.



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



COVID-19 vaccines help prevent you from getting really sick or going into the hospital by 40 to 60 percent.\*



The vaccines are safe 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.



The updated vaccines have gone through extensive safety testing. The risk of needing medical care or dying is much higher from getting the disease than from the vaccines.



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

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

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

\*Link-Gelles R, Ciesla AA, Mak J, et al. Early Estimates of Updated 2023-2024 (Monovalent XBB.1.5) COVID-19 Vaccine Effectiveness Against Symptomatic SARS-CoV-2 Infection Attributable to Co-Circulating Omicron Variants Among Immunocompetent Adults — Increasing Community Access to Testing Program, United States, September 2023–January 2024. MMWR Morb Mortal Wkly, Centers for Disease Control (CDC).

