

# SICK SEASON IS HERE. ARE YOU PROTECTED?



Photo posed by models. For illustrative purposes only.

## Don't let COVID-19 and the flu stop you. Get your updated vaccines today.

Being part of family and community gatherings is important and so is protecting those you love. **American Indians are twice as likely to be hospitalized or die from COVID-19.**<sup>1</sup> Updated vaccines are tested, safe, and effective at fighting viruses that attack your lungs. They also cut your risk of getting really sick from COVID-19<sup>2</sup> or the flu<sup>3</sup> in half — which is especially important for those at higher risk like young children and elders.

Find Your Closest  
Vaccine Location  
at [MySpot.nc.gov](https://www.nc.gov/MySpot)

<sup>1</sup> CDC. (2023). Risk for COVID-19 Infection, Hospitalization, and Death By Race/Ethnicity. <https://archive.cdc.gov/#/details?url=https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>

<sup>2</sup> CDC. (2024). Covid Data Tracker. <https://covid.cdc.gov/covid-data-tracker/#vaccine-effectiveness>

<sup>3</sup> CDC. (2024). Benefits of the Flu Vaccine. <https://www.cdc.gov/flu-vaccines-work/benefits/index.html>