



Photo posed by models. For illustrative purposes only.

# Sick Season is here. Are you protected?

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 • Effective

Vaccines 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.

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

<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>



NC DEPARTMENT OF  
**HEALTH AND  
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