Have a chronic health condition? Don't wait to build protection.

Get your COVID-19 and flu vaccines now to help you stay healthier this season while enjoying life and annual traditions.
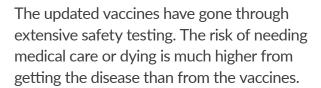

Photo posed by models. For illustrative purposes only.

Updated flu and COVID-19 vaccines are safe, effective and proven to help families stay healthy.

Those with pre-existing conditions like asthma, chronic lung disease and diabetes are at a much higher risk of getting really sick or dying from the flu[1] or COVID-19[2]. Getting vaccinated cuts that risk by one-third or more.

Vaccines are our best defense against viruses like the flu and COVID-19. Which is critical since the risk to American Indians of being hospitalized or dying from COVID-19 is double that of white, non-hispanic people.[3]

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** to learn more about how to protect yourself and your family.

[1] CDC. (2024). Benefits of the Flu Vaccine. https://www.cdc.gov/flu-vaccines-work/benefits/index.html

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

[3] 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

NC DEPARTMENT OF **HEALTH AND HUMAN SERVICES**

NC COMMISSION OF INDIAN AFFAIRS