

Sick Season is here. Vaccines can keep you and your loved ones healthy.

Vaccines are safe, effective and updated to take on current viruses so you and your loved ones can stay healthier this season. Make a plan today to get protected.



Photo posed by models. For illustrative purposes only.

American Indians are twice as likely to be hospitalized or die from COVID-19¹ and are similarly at risk for getting really sick from the flu or RSV.

Did you know?

The **flu shot** protects against three strains of seasonal flu, including H1N1 and reduces trips to the doctor by 40 to 60%².

There are three options for the **COVID-19 vaccine** this season. All reduce your chance of being hospitalized due to COVID-19 by 67%³.

Infants, children under 2-years-old and elders can get really sick really fast from **RSV**. Getting them protected can prevent a trip to the hospital or ER by up to 83%⁴.

Vaccines are your best defense against seasonal viruses like the flu and COVID-19.

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.

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



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

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

¹ CDC. (2024). Covid Data Tracker. <https://covid.cdc.gov/covid-data-tracker/#vaccine-effectiveness>

² CDC. (2024). Benefits of the Flu Vaccine. <https://www.cdc.gov/flu-vaccines-work/benefits>

³ New England Journal of Medicine. (2024). Durability of XBB.1.5 Vaccines against Omicron Subvariants. <https://www.nejm.org/doi/full/10.1056/NEJMc2402779>

⁴ CDC. (2024). RSV Guidance for Older Adults. <https://www.cdc.gov/rsv/hcp/vaccine-clinicalguidance/older-adults.html>