

Don't let COVID-19 and the flu stop you.

Missing annual traditions with friends and family is a real pain. Getting vaccinated doesn't have to be. Make a plan today before you get sidelined with the flu, COVID-19 or other seasonal illness.



Photo posed by models. For illustrative purposes only.

Vaccines are safe, effective and updated to take on current viruses so you and your loved ones can stay healthier this season.

People are often contagious before they show symptoms, which is why getting vaccinated is so important.

COVID-19¹ and flu² vaccines help prevent you from getting really sick or going into the hospital by 40 to 60 percent.

American Indian adults and elders often have a chronic health condition³ like heart disease or diabetes, with 3 in 10 having multiple conditions – putting them at higher risk of getting really sick.⁴

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.

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

There is no need for several trips. It is perfectly ok to get both vaccines at the same time.*



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

¹ 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).

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

³ CDC. (2020). Health of American Indian and Alaska Native Adults, by Urbanization Level: United States, 2014–2018 <https://www.cdc.gov/nchs/products/databriefs/db372.htm>

⁴ CDC. (2024) Similarities and Differences between Flu and COVID-19. <https://www.cdc.gov/flu/about/flu-vs-covid19.html>