

PROTECT YOURSELF AND YOUR LOVED ONES

from Flu, COVID-19, and RSV.



Some people are at higher risk for getting very sick from these infections.

Are you?

Respiratory viruses can be highly contagious and spread easily, especially during the fall and winter seasons.

While these viruses may not always *seem* so bad, some people go to the hospital and sometimes even die from getting infected.

Everyone is at risk for getting very sick from Flu, COVID-19, and RSV.

In the United States...

Flu

(influenza)

Hospital Visits: 10,000
Deaths: 5,000

(during the 2021 - 2022 flu season)

COVID-19

(coronavirus)

Hospital Visits: Nearly 6.5 million
Deaths: Over 1 million

(to date)

RSV

(respiratory syncytial virus)

Hospital Visits: 60,000 - 160,000
Deaths: 6,000 - 10,000

(yearly, in older adults)

Hospitalizations and death rates are estimates provided by the Centers for Disease Control (CDC).

Vaccines are a safe way to protect you and your loved ones from these viruses.

Flu, COVID-19, and RSV vaccines *for adults.*



FLU VACCINES

One flu shot every year is recommended for:

- ✓ **Everyone ages 6 months and older**

It's best to get your yearly flu shot before the end of October, but you should still get your flu shot even if it's after October.

VACCINE OPTIONS

Adults ages 18 through 64 years old

- Standard-dose flu shot

Adults ages 65 years and older

- High-dose flu shot
- Adjuvanted standard-dose flu shot
- Recombinant standard-dose flu shot

COVID-19 VACCINES

One updated COVID-19 shot is recommended for:

- ✓ **Everyone ages 6 months and older**

If it has been at least 2 months since your last COVID-19 vaccine, you are eligible for one dose of the 2023 - 2024 formulation.

VACCINE OPTIONS

Adults ages 18 years and older

- Pfizer-BioNTech
- Moderna
- Novavax

RSV VACCINES

One dose of an RSV vaccine is recommended for:

- ✓ **Adults ages 60 years and older**

AND

- ✓ **Pregnant people who are 32 to 36 weeks pregnant**

VACCINE OPTIONS

Adults ages 60 years and older

- Abrysvo
- Arexvy

Pregnant people 32 to 36 weeks pregnant

- Abrysvo