

Build Your Immunity and Protect Your Community with COVID-19 and Annual Flu Vaccination



Vaccines prevent the spread of contagious and potentially deadly diseases, and save millions of lives each year. To protect yourself, your family and your community against COVID-19 and the flu, stay up to date on your vaccines. You'll be building a community of immunity and protecting vulnerable people who can't get vaccinated!

What you need to know: COVID-19 Vaccinations

Preventing the spread of COVID-19 is important work: Since 2020, there have been more than 50 million confirmed cases of COVID-19 and more than 800,000 deaths*.

Getting vaccinated can prevent these numbers from rising.

Data show that all COVID-19 vaccines are effective at preventing infection, severe disease, hospitalization, and death.



COVID-19 vaccines are widely available for people ages 5 years and older.



COVID-19 vaccines are free to all people living in the United States, regardless of insurance or immigration status.



Three COVID-19 vaccines have been authorized in the United States:

	Who's Eligible	Dosage Details	Immunocompromised Individuals	Booster
Pfizer	Everyone ages 5 years or older	2 doses, 21 days apart	People ages 5 years and older who are moderately or severely immunocompromised should get an additional primary dose of the Pfizer COVID-19 vaccine at least 28 days after completing their 2nd dose.	People ages 12 years and older should get a booster shot 5 months after their 2nd dose is completed. You can get a different vaccine for your booster, but children ages 12 to 17 years old can only get the Pfizer vaccine as a booster.
Moderna	Everyone ages 18 years or older	2 doses, 28 days apart	Adults ages 18 years and older who are moderately or severely immunocompromised should get an additional primary dose of the Moderna COVID-19 vaccine at least 28 days after completing their 2nd dose.	People 18 years and older should get a booster 5 months after their 2nd dose is completed. You can get a different vaccine for your booster.
J&J	Everyone ages 18 years or older	1 dose	Additional doses aren't recommended at this time	All adults 18 years and older should get a booster at least 2 months after receiving the one-dose vaccine. You can get a different vaccine for your booster.

*Source: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>

What you need to know: Flu Vaccinations

In the past 10 years, the CDC estimates flu caused between 9 million and 41 million illnesses annually in the United States. Getting the flu shot each year will reduce the spread and severity of flu-related illnesses.

Flu season commonly surges in December and peaks in February, so it's best to be vaccinated earlier, ideally in September and October. But you can get the vaccine anytime during flu season. It still makes a difference.



Flu vaccines are approved for everyone 6 months of age and older, with rare exceptions.



Most insurances cover the flu shot. Without insurance, flu shot costs typically range from \$25 to \$75.

Free and low-cost options may be available from local health centers and state health departments for those who qualify.

It's Easy to Get Vaccinated

You and your family can safely get the flu shot and the COVID-19 vaccine at the same time.



Most people can get the COVID-19 and flu vaccine. They're extremely important and safe – including for pregnant individuals.



Don't have a family physician or primary care physician?
You can get a vaccine at the health department, pharmacy or urgent care clinic!

Talk to your family physician or visit familydoctor.org/vaccines for more information about vaccines.

familydoctor.org
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