

Prevent Fall / Winter viruses

Don't let seasonal respiratory viruses such as the flu and COVID-19 get in the way of enjoying this fall and winter.

These viruses can infect anyone—but they're especially risky for older adults, young children, and people with ongoing health conditions.

Here are the 3 things you need to know for a healthy year:

1. COVID-19 and the flu are respiratory illnesses that are expected to be on the rise in the fall and winter.
2. Getting vaccinated against these viruses can help protect you and your loved ones from getting very sick.
3. The best time to get vaccines is in October. Talk to your provider to see what vaccine(s) are right for you.

Visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) or [cdc.gov/flu](https://www.cdc.gov/flu) to learn more about COVID-19 and Seasonal Flu.

Who should get one and when?

| | Children | Pregnant women | Adults | Older adults 65+ |
|-------------------------|--|---|---|------------------|
| Flu shot | 6 months – 8 years: 1 or 2 doses Depends on previous vaccine status. | One dose | One dose | One dose |
| COVID-19 vaccine | Parents should talk to their doctor to decide what's best based on age, health history and risk factors. | Talk to your provider to see what is right for you. | For adults with underlying health conditions. | One dose |

Flu

The flu spreads easily. It affects your nose, throat, and sometimes your lungs. Most people get better at home. But some get very sick and may need care in a hospital. **Flu shots are available at Union Health Service, Inc. offices.**

COVID-19

COVID-19 can spread quickly. Most people with COVID-19 have mild symptoms. But some people become very ill. **Your COVID shot is covered at \$0 when you use your prescription benefit card at a network pharmacy.**