

COVID-19 vaccines

are still our best
defense against
the virus.



Over **700 million COVID-19 vaccine doses** have been given in the U.S.
Studies show the COVID-19 vaccines are **safe** and have **prevented**
millions of hospitalizations and **saved millions of lives**.

Everyone age 6 months and older should get an updated COVID-19 vaccine.

The COVID-19 vaccines:

- Can reduce how severe your symptoms are if you get COVID-19
- Reduce your risk of being hospitalized and dying from COVID-19
- Reduce your risk of developing long COVID

COVID-19 vaccines are especially important — and lifesaving — for:

- People age 65 and older
- Infants age 6-23 months
- People who are pregnant or postpartum
- People with certain health conditions or disabilities

Get an updated vaccine, even if you have had COVID-19 or been vaccinated before. The updated vaccines protect against current variants and strengthen your protection, which can decrease over time. Side effects from the vaccine — including headache, fatigue, and soreness at the injection site — are generally mild to moderate and go away within a few days.

Ask your provider or pharmacist if they are offering the COVID-19 vaccine. You can also find vaccination sites around NYC by visiting nyc.gov/health/map or scanning the QR code. Medicaid, Medicare, and many other health plans cover COVID-19 vaccination.

Get your annual flu shot too. It is safe to get the COVID-19 and flu vaccines at the same time.

In addition, staying home when sick, covering coughs and sneezes, masking, washing your hands, and disinfecting surfaces are important ways to reduce your risk of COVID-19 and other viruses. For more information, visit nyc.gov/coronavirus or talk to your health care provider.

