

# COVID-19 vaccines

are still our best defense against the virus.



Over **600 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**.

**NYC**  
Health

# 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 sick from COVID-19.
- Reduce your risk of being hospitalized and dying from COVID-19.
- Reduce your risk of developing long COVID.

While anyone can become very sick from COVID-19, vaccination is especially important — and lifesaving — for people who are age 65 and older, are pregnant, or have 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.

Most New Yorkers can still get a COVID-19 vaccine for free. For people with insurance, most health plans — including Medicaid and Medicare — will cover vaccination at no cost. Scan the QR code or visit **[vaccinefinder.nyc.gov](https://vaccinefinder.nyc.gov)** to find a vaccination site, including sites offering free vaccines for people without insurance.

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, testing, masking and washing your hands are important ways to reduce your risk of COVID-19 and other viruses. If you have questions about COVID-19 vaccination, call 212-COVID-19 (212-268-4319) or talk to your health care provider.

