

# Flu and COVID-19: What You Should Know

Flu and COVID-19 are illnesses caused by viruses that can spread through the air. **Did you know...?**

- ➔ People who are 65 and older; who are pregnant; who have certain medical conditions like lung disease, obesity, diabetes, or heart disease; or who have a weakened immune system are **more likely to get very sick or need hospital care** from flu and COVID-19.
- ➔ **Everyone 6 months and older** should get this season's flu and COVID-19 vaccines.
- ➔ Flu and COVID-19 vaccines **keep your symptoms mild** if you do get infected.
- ➔ Prevention is **ALWAYS** the best option—vaccines can help you **risk less and do more!**



Get started at [vaccines.gov](https://vaccines.gov)

**RISK LESS.  
DO MORE.**  
Get this season's vaccines

