



COVID 19 VACCINATION

People who are **not** moderately or severely immunocompromised

Initial vaccination

Ages 6 months–4 years

- 2 doses of 2024–2025 Moderna or 3 doses of 2024–2025 Pfizer-BioNTech

Ages 5 years and older

- 1 dose of 2024–2025 Moderna or 1 dose of 2024–2025 Pfizer-BioNTech

Received previous doses of a COVID-19 vaccine

Ages 6 months–4 years

- 1 or 2 doses of 2024–2025 mRNA vaccine from the same manufacturer as administered for initial vaccination

Ages 5 years and older

- 1 dose of 2024–2025 Moderna or 1 dose of 2024–2025 Pfizer-BioNTech

If you happen to be above the age of 65,
prioritize getting vaccinated more frequently!

People who **are** moderately or severely immunocompromised

Initial vaccination

Ages 6 months and older

- 3 doses of 2024–2025 Moderna or 3 doses of 2024–2025 Pfizer-BioNTech

Received previous doses of a COVID-19 vaccine

- Recommended mRNA vaccine and number of 2024–2025 doses are based on age and vaccination history



If you've recently had Covid-19, you might need to
wait up to **3 months** to get vaccinated.

Scan for more info

GET YOUR FLU VACCINE!



WHO SHOULD BE VACCINATED?

Everyone aged **6 months and older** in the United States should receive a flu vaccine every season.

Under 65 years old

Any approved flu vaccine is suitable.

65 years and **older recommended vaccines**

- Fluzone High - Dose Quadrivalent
- Flublok Quadrivalent recombinant
- Fluad Quadrivalent adjuvanted



WHEN TO GET VACCINATED?

Ideally, get vaccinated in **September** or **October**

Children



Get the first dose as soon as the vaccine is available.



The second should be given at least **four weeks later**.

65 years and **older and pregnant individuals**

Avoid early vaccination (July and August) to maintain protection throughout the season.



Flu vaccines can be given alongside other vaccines, including COVID-19 vaccines.



Everyone 6 months of age and older is recommended to get an annual influenza vaccine, including healthy adults.



People with egg allergies can receive any vaccine suitable for their age and health, whether egg-based or not.





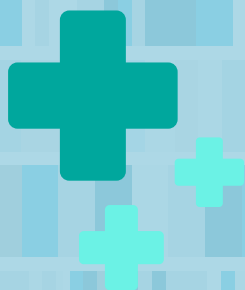
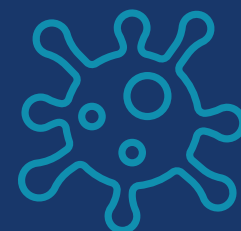
SCAN FOR MORE INFO

VACCINATE AGAINST RSV



SCAN FOR MORE INFO

RSV (*Respiratory Syncytial Virus*) is a common virus that causes respiratory infections which can be severe especially for infants and older adults.



THE **CDC** RECOMMENDS IMMUNIZATIONS TO PROTECT INFANTS, SOME YOUNG CHILDREN, AND OLDER ADULTS

This common virus affects the nose, throat, and lungs. The symptoms can be similar to those of the common cold and other respiratory viruses, such as the flu or COVID-19, making it hard to differentiate between them. RSV typically spreads during the fall and winter months, with peak activity often occurring in December and January.

Who should get immunization?



RSV Antibody (Nirsevimab) for all infants whose mother did not receive immunization for RSV during pregnancy, and for some children (8-19 months) who are at higher risk.



Adults between 60-74 years old when at higher risk, and everyone 75 and older.

WHAT IS MENINGOCOCCAL MENINGITIS?

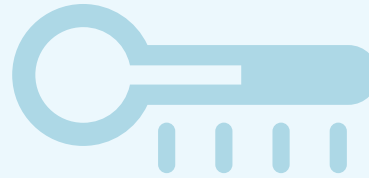
**THE MOST COMMON FORM OF
BACTERIAL MENINGITIS IN
ADOLESCENTS AND YOUNG ADULTS.**

MENINGOCOCCAL BACTERIA can cause a life-threatening bloodstream infection (which can lead to sepsis) or meningitis (infection of the membranes surrounding the brain and spinal cord), or both.



STAY AT HOME

Limit all travels, unless going out for food, medicine and other essentials



CHECK YOUR TEMPERATURE

at least two times a day

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue

