



Get Your Best Shot This Flu Season

Every year, there are close to a billion cases of seasonal influenza (flu) globally. Respiratory illnesses pose a serious threat to health and wellness. They can lead to severe complications, hospitalizations, and even death.



The best way to protect yourself, your family, and your friends is by getting vaccinated.



FLU AND COVID-19 VACCINES ARE RECOMMENDED FOR PEOPLE SIX MONTHS AND OLDER. Everyone who is eligible, especially those with underlying conditions, should get vaccinated.



THE RSV VACCINE IS RECOMMENDED FOR PEOPLE AGED 75+ OR 60 - 74 WITH CERTAIN IMMUNOCOMPROMISING CONDITIONS. Speak to your provider to find out if you should be vaccinated against RSV.



THE COST OF FLU, COVID-19, AND RSV VACCINES ARE COVERED BY MEDICAID AND MOST INSURANCE PLANS.



YOU SHOULD AIM TO GET YOUR FLU AND COVID-19 VACCINES IN OCTOBER. This allows your antibodies to build up before the viruses peak during the holiday season. However, vaccines can still provide some protection if you get them at any time through the end of April.

Continued



What You Can Do to Fight the Flu

GUARD YOURSELF AGAINST CRITICAL ILLNESS. GETTING VACCINATED IS YOUR BEST SHOT AT STAYING HEALTHY THIS SEASON.

- ✓ Common symptoms of respiratory illnesses include a cough, fever, congestion, sore throat, and shortness of breath.
- ✓ If you experience any of these symptoms, the Centers for Disease Control and Prevention (CDC) recommends staying home and isolating for 24 hours or until your symptoms improve and you are fever-free without medication.
- ✓ If your symptoms do not improve or worsen, reach out to your care manager, provider, or local urgent care for support.
- ✓ Vaccines do not prevent 100% of flu, RSV, and COVID-19 cases. However, they give your body a head start in fighting the virus. This means you're less likely to become severely ill, and you'll recover faster.

For more information on the flu, RSV, and COVID-19 vaccines, talk to your provider or care team or visit [cdc.gov/flu](https://www.cdc.gov/flu).

Get in the Know! Flu Facts.

- i** Influenza vaccines are created based on the flu season in other countries. Researchers monitor countries such as Australia to determine the most prevalent strains of the virus.
- i** For the 2024-25 season, the flu vaccine offered in the United States will be trivalent. The trivalent vaccine protects against the three most common influenza strains expected to circulate this flu season.
- i** The Food and Drug Administration (FDA) has approved FluMist for home administration for people between the ages of two and 49. FluMist works like the flu shot but is administered as a nasal spray. If you don't like needles, this could be a great option for you!
- i** You can now get the flu vaccine if you have an egg allergy. Only those who have had a severe anaphylactic reaction to eggs that required epinephrine administration and/or emergency care should avoid the flu vaccine. If you have an egg allergy, speak to your provider before you receive the shot to make sure it's safe for you.
- i** You can get your flu and COVID-19 vaccines together. With one visit to your provider or pharmacy, you're fully covered!
- i** In 2022-23, 52% of people aged six months and older in New York State were vaccinated against the flu. That's pretty good — but not as good as our neighbors in Vermont (61%), Massachusetts (65%), and Connecticut (61%).

WITH YOUR HELP, WE CAN **REDUCE THE SPREAD AND SEVERITY OF THE FLU AND OTHER RESPIRATORY ILLNESSES, KEEPING OUR COMMUNITIES HEALTHY THIS SEASON!**



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