



Protect Yourself This Flu Season

Every year, many people get sick from the flu and other viruses like COVID-19 and RSV. These viruses can make you feel very sick. Some people may need to go to the hospital, and in very rare cases, a person may die.

But there is good news — **vaccines can help keep you safe.**



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



WHO SHOULD GET A VACCINE?

- Everyone 6 months and older should get a flu shot every year.
- Your need for a COVID-19 shot can depend on your age, health, and past shots. Ask your doctor if you should get one.
- Older adults (age 75 and up) and some people between 60–74 years old should also get the RSV vaccine.
- Talk to your care manager to set up an appointment with your doctor or a local vaccination clinic.



WHEN SHOULD YOU GET VACCINATED?

- The best time to get your flu shot is in October
- But it's still helpful to get vaccinated anytime through April



WHAT DO VACCINES COST?

- There is no cost to CDNY members for a flu vaccine!



HOW CAN YOU TELL IF YOU'RE SICK?

Look out for:

- Cough
- Fever
- Sore throat
- Stuffy nose
- Trouble breathing

If you feel sick:

- Stay home and rest
- Wait 24 hours after your fever is gone (without medicine) before going back to your activities
- Call your doctor if you don't start feeling better

DO VACCINES WORK?

Yes!

- Vaccines don't stop all sickness, but they make it less dangerous
- Vaccines help you stay out of the hospital and recover faster

NEW FOR THIS YEAR

- All flu shots protect against three types of flu
- Nasal spray flu vaccine (FluMist) is available for people ages 2–49
 - Caregivers may be able to give it at home – no needle!
- People with egg allergies can still get the flu shot
 - Talk to your doctor about the right type for you
- Some people can get flu and COVID-19 shots together in one trip
 - Talk to your doctor to see if this option is right for you

WHAT HAPPENED LAST YEAR?

- The 2024–2025 flu season was very bad
- New York had the worst flu season in 15 years:
 - Over 3,000 people went to the hospital
 - There were almost 300,000 flu cases in New York state

Let's work together to make 2025–2026 safer!

Need more info? Talk to your doctor or care team, or visit cdc.gov/flu.

STAY SAFE. GET VACCINATED.
HELP PROTECT YOURSELF AND YOUR COMMUNITY.
IT'S YOUR BEST SHOT!

