

# GET YOUR SHOT

## Flu and COVID vaccines *are more important than ever*



Flu season is right around the corner in Wisconsin and COVID-19 is still with us. This fall it will be important to get your flu and COVID vaccines. A new updated booster for COVID will be available this fall.

Getting these vaccines is one of the most important steps you can take to protect yourself, the people you love, and the people around you. COVID and the flu are both serious respiratory illnesses.

**When it comes to getting a vaccine, Community Care members have several options.**

**Members can:**

- Ask their doctor about the flu or COVID vaccine (PACE members can get their flu shot at our Community Care clinics)
- Visit a community vaccination site or pharmacy
- Get the shot at their residential setting, if offered there
- Ask their care team about how to get the shot or get transportation to a vaccination clinic

**In addition to getting both a flu and a COVID vaccine, take the following steps to reduce your chances of getting sick:**

- Avoid close contact with people who are sick
- Wash your hands often
- Avoid touching your eyes, nose, and mouth
- Wear a well-fitting mask indoors in areas of high COVID transmission in the community

**Why should I get the flu vaccine?**

The flu is a serious illness that can make you

extremely sick. It can lead to hospitalization, or even to death. The best way to protect yourself and others from the flu is to get the flu vaccine every year in the fall.

**Who is at higher risk of having serious complications due to the flu?**

It is very important for people 65 and older and people with chronic health conditions, such as asthma or heart disease, to get a vaccine every year to decrease their risk of severe flu illness.

**When is the best time to get the flu vaccine?**

Get the flu vaccine before flu begins spreading in your community. Ideally, you should get a flu vaccine by the end of October. However, getting a vaccine any time during the flu season can still be helpful, even into January or later.

**Why should I get the COVID booster vaccine?**

This fall's booster will cover both the original strains of COVID as well as the new variants that are currently circulating and causing illness. The best way to protect yourself and those around you from serious illness, hospitalization, or death is to be up to date with your COVID vaccines.

**Can I get both the flu and COVID vaccines on the same day?**

Yes, you can get both vaccines on the same day. You need both vaccines this year. The COVID vaccine does not protect against the flu, and the flu vaccine does not protect against COVID.

[www.communitycareinc.org](http://www.communitycareinc.org)

Toll free: 866-992-6600 | TTY: Wisconsin Relay System 711

