

# Start the Conversation with Your Healthcare Provider

CHOOSE TO  
PROTECT



## So, what vaccine options are available for me and my loved ones?

You have choices. When it comes to getting your COVID vaccine, there are different types of vaccines to choose from, a protein-based vaccine or mRNA vaccines.<sup>1</sup>



## Should my loved ones and I get a COVID vaccine this fall and winter season?

The virus that causes COVID continues to change<sup>2</sup> and may cause disruptions to our way of life. Getting vaccinated against COVID is one of the best ways to help protect yourself and loved ones.<sup>1</sup> Ask your healthcare provider about your COVID vaccine options.



## Who should get a COVID vaccine?

The CDC recommends everyone six months and older get an updated COVID vaccine.<sup>1</sup> This is especially important for the elderly and people with severe health conditions.<sup>3</sup> Ask your healthcare provider about your COVID vaccine options.



## Why is it important to stay up to date with a COVID vaccine?

As of September 16, 2023, data from the CDC show that COVID hospitalizations continue to increase in the U.S.,<sup>4</sup> and COVID remains an ongoing health concern for Americans.<sup>5</sup>

COVID vaccination helps protect people from getting seriously ill, being hospitalized, and even dying from COVID.<sup>1</sup> Vaccines are especially important for populations like the elderly and those with weakened immune systems who are at an increased risk for severe outcomes from COVID.<sup>3</sup>



## When is the best time to get a COVID vaccine?

Vaccination remains an important tool to help protect against COVID.<sup>6</sup> It's important to speak with your healthcare provider to determine the best time to receive a COVID vaccine to help protect yourself this season.



## Can you choose a different type of vaccine if you've already previously been vaccinated with another?

Your next COVID vaccine doesn't have to be the same type as your last one.<sup>1</sup> Talk to your healthcare provider about your COVID vaccine options.



## If I already had COVID and recovered, do I still need to get a COVID vaccine?

According to the CDC, you should get a COVID vaccine even if you already had COVID.<sup>7</sup> Talk to your healthcare provider about your COVID vaccine options.



## Can I get my COVID and flu shots at the same time?

According to the CDC, there is no recommended waiting period between getting a COVID vaccine and the flu vaccine.<sup>8</sup> Ask your healthcare provider about your COVID vaccine options. If you're already planning to get a flu shot, you can also discuss how to add a COVID vaccine to your appointment.



## What happens if the variant changes? Will I have to get another vaccine?

As of September 15, 2023, public health officials have indicated that an annual COVID vaccine can help protect against current and emerging variants.<sup>1</sup> Talk to your healthcare provider about your COVID vaccine options.

For more information about the latest COVID variant, please visit [www.CDC.gov](https://www.CDC.gov) and speak with your healthcare provider about ways to help protect yourself and your loved ones.



## What are some questions I should ask my healthcare provider about my COVID vaccine choices?

- What are my COVID vaccine options?
- If I already had COVID and recovered, do I still need to get a COVID vaccine?
- Can I get my COVID and flu shots at the same time?
- If I am immunocompromised and/or 65 years and older, are there any precautions I should consider before choosing a COVID vaccine?

<sup>1</sup> Centers for Disease Control and Prevention. Stay Up to Date with COVID-19 Vaccines. Accessed September 18, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

<sup>2</sup> Centers for Disease Control and Prevention. SARS-CoV-2 Variant Classifications and Definitions. Accessed September 18, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-classifications.html>

<sup>3</sup> Centers for Disease Control and Prevention. COVID-19: People with Certain Medical Conditions. Accessed September 18, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

<sup>4</sup> Centers for Disease Control and Prevention. COVID Data Tracker. Accessed September 18, 2023. <https://covid.cdc.gov/covid-data-tracker/#data-tracker-home>

<sup>5</sup> Centers for Disease Control and Prevention. COVID-19 Surveillance After Expiration of the Public Health Emergency Declaration — United States, May 11, 2023. Accessed September 18, 2023. [https://www.cdc.gov/mmwr/volumes/72/wr/mm7219e1.htm?s\\_mm7219e1\\_w](https://www.cdc.gov/mmwr/volumes/72/wr/mm7219e1.htm?s_mm7219e1_w)

<sup>6</sup> Centers for Disease Control and Prevention. 5 Reasons It Is Important for Adults to Get Vaccinated. Accessed September 18, 2023. <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

<sup>7</sup> Centers for Disease Control and Prevention. Frequently Asked Questions about COVID-19 Vaccination. Accessed September 18, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

<sup>8</sup> Centers for Disease Control and Prevention. Getting a Flu Vaccine and a COVID-19 Vaccine at the Same Time. Accessed September 18, 2023. <https://www.cdc.gov/flu/prevent/coadministration.htm>