

# Yes, I'll be there!

You do a lot to take care of your health. As part of your regular wellness routine, consider getting vaccinated against COVID and the flu this year.



“ I stay healthy so I can do what I love.

**H**

3 in 5 people hospitalized with COVID are age **65+**

It's safe to get the COVID and flu vaccines at the same time.



“ I stay healthy because the work won't do itself.

Vaccines help prevent severe illness, hospitalization, and complications.

**90%** of COVID deaths are in people age **65+**

Updated vaccines provide more protection against this year's viruses.



“ I stay healthy so I can see my family.

## Additional Facts:



Vaccines are safe and effective. They are rigorously tested for FDA approval.

[Read more](#) →

Throughout **100M** doses given, CDC has carefully monitored vaccine recipients for side effects.

[Learn more about side effects](#) →

Although vaccines may not always prevent illness, COVID and flu symptoms are usually milder for those who have been vaccinated if they do get sick.

[Get details](#) →

To learn more, visit [ncoa.org/vaccines](https://ncoa.org/vaccines)