

# UPDATED BOOSTERS

THE VIRUS IS CONTINUOUSLY CHANGING, AND WE NEED TO CHANGE WITH IT!

THE BIVALENT COVID-19 VACCINE (OR UPDATED BOOSTER) HELPS GENERATE PROTECTION AGAINST TWO VARIANTS OF THE VIRUS.

## STAYING UP TO DATE

WITH COVID-19 VACCINES IS THE BEST WAY TO AVOID HOSPITALIZATION, DEATH, & OTHER LONG TERM HEALTH CONDITIONS CAUSED BY COVID-19.

TALK TO YOUR DOCTOR IF YOU HAVE QUESTIONS ABOUT UPDATED BOOSTERS.

MRNA VACCINE INGREDIENTS ARE **CLEARED FROM** THE BODY VERY QUICKLY

LONG COVID CAN CAUSE A LOT OF HEALTH PROBLEMS

BREATHING CHALLENGES  
DISCOMFORT  
MIGRAINES

TIREDDNESS  
MENTAL HEALTH ISSUES

CARDIOVASCULAR ABNORMALITIES

MILD SIDE EFFECTS FROM COVID-19 VACCINES CAN HAPPEN- THEY USUALLY DON'T LAST LONG

(SHORTER THAN GETTING SICK FROM COVID-19)

COVID-19 WAS THE THIRD LEADING CAUSE OF DEATH IN THE U.S. IN 2020 & 2021.

VACCINES HELP PROTECT AGAINST LONG COVID

TAKING TIME TO GET A VACCINE IS HARD  
ASK ABOUT PAID TIME TO GET VACCINATED, AT HOME VACCINE PROGRAMS, OR GET VACCINATED WHILE YOU GROCERY SHOP!

UPDATED BOOSTERS ARE **AVAILABLE** TO THOSE WHO HAVE GOTTEN THEIR PRIMARY DOSES.

GETTING VACCINATED IS ALSO FOR YOUR GRANDPARENT, YOUR VULNERABLE FRIEND OR BABIES

YOU NEED A BOOSTER EVEN IF YOU ARE HEALTHY. THEY HELP TRAIN THE IMMUNE SYSTEM IN CASE COVID-19 SHOWS UP

EVEN IF YOU HAVE HAD COVID AND IT WASN'T SO BAD, THERE IS NO GUARANTEE IT WILL BE MILD IF YOU GET IT AGAIN

YOUR UPDATED BOOSTER HELPS **PROTECT** YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY AGAINST COVID-19

THE ORIGINAL COVID-19 VIRUS

THE OMICRON BA.4/5 VARIANT

YOU CAN GET BOTH YOUR BOOSTER AND OTHER VACCINES YOU MAY NEED AT THE SAME TIME! THIS IS A GREAT IDEA!