**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 being the best way to avoid hospitalization, death, and 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**

**Breathing Challenges**
Discomfort
Migraines

**Long COVID Can Cause a Lot of Health Problems**
Tiredness
Mental Health Issues
Cardiovascular Abnormalities

**Vaccines Help Protect Against Long COVID**

COVID-19 was the third leading cause of death in the US in 2020 & 2021.

**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!

**Getting Vaccinated is Also For Your Grandparent, Your Vulnerable Friend or Babies**

**Updated Boosters Are Available to Those Who Have Gotten Their Primary Doses.**

**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.**