

# Vaccines save lives

## Protect yourself from COVID-19



### Have you had a vaccine?

Did you or your loved one miss their COVID-19 vaccine? The vaccine is made to protect people from getting sick. Even if you still get COVID-19, being vaccinated can make your symptoms less severe. Your health can't wait, talk with your current health care team about vaccines. They can check which ones you might be due for to get the best protection.



### Stay up to date.

One dose may be all you need unless you are 65 or older or have health conditions that may benefit from additional doses. It cannot give you COVID-19. You can get it at the same time as other vaccines.



### Know the facts about COVID-19 and the vaccine.

In adults, COVID-19 can start like a cold with a runny nose or scratchy throat. Symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting and diarrhea.

You can have symptoms 2-14 days after being exposed to the virus, but you can spread it or get it even without symptoms. It is hard to tell the difference between COVID-19 and other viruses without a test. People 65 and older get sicker with COVID than younger people. Older people, especially those unvaccinated, are more at risk to get very sick and need the hospital. After having COVID-19, some people get Long COVID, which means their symptoms last longer than expected. The vaccine helps protect people from COVID-19 and Long COVID.

The best protection for COVID-19 is the vaccine. If you get COVID-19, medicine can help you get better faster. The medicine must be started soon after symptoms appear, so don't wait to get tested. Call your health care provider if you test positive and ask if you can get medicine.

### Ways to prevent COVID-19:

- **Get the COVID-19 vaccine**
- Wash your hands regularly
- Stop smoking
- Wear a mask if you have a cough or are near ill people
- Maintain a healthy diet

## Together, we can make a plan for your best protection!