



Health Alert

Gear Up for Respiratory Virus Season

(NAPS)—Here's news to help you breathe easier: Although respiratory virus season is upon us, you can protect yourself and your loved ones. How? Make sure you're up to date on all of your vaccinations. Following vaccination, it takes time for your body to build protection against the flu, COVID-19 and RSV, so it's recommended that you get the vaccines you're eligible for as soon as possible to support your health and the health of your community.

Vaccinations help prevent the flu, COVID-19 and RSV

Getting a flu shot is the best way to protect yourself and your family from the flu. The Centers for Disease Control and Prevention (CDC) recommends getting vaccinated early in the fall, before flu season begins, ideally before the end of October. It's especially important to protect at-risk populations—adults 65 and older, those with certain immunocompromising or chronic medical conditions, infants or children under 5 and pregnant women—from severe illness.

The CDC also confirmed that you can receive any of the currently authorized COVID-19 and RSV vaccines at the same time as the flu vaccine. It's recommended that adults 60 or older get an RSV vaccination as they're at greater risk for serious complications from RSV because immune systems weaken with age. CVS Pharmacy is also now administering the updated COVID-19 vaccine, recently authorized by the FDA and recommended by the CDC.

Seniors have additional options when it comes to vaccinations

Seniors are at a greater risk of developing severe illnesses from flu, COVID-19 and RSV, and according to a CVS Health consumer survey, of those who indicated they plan to get vaccinated, seniors are the demographic most likely to do so (74% of seniors). CVS Pharmacy and MinuteClinic offer specific CDC-recommended offerings for seniors aged 65 and above, which include:

- **Fluad:** An adjuvanted influenza vaccine that helps the body elicit a better immune response.
- **Fluzone HD:** A high-dose vaccine that contains four times the antigen as the regular flu vaccine and is intended to create a stronger immune response for seniors.
- **An RSV vaccine** for adults 60 and



Now is the time to protect yourself and those you care for from COVID, the flu and RSV by getting vaccinated.

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Common flu shot myths

- **Myth:** You should wait until flu season peaks to get the vaccine.
- **Fact:** It's best to be vaccinated before flu begins spreading in your community—ideally in September or October.
- **Myth:** The flu shot gives you the flu.
- **Fact:** Flu shots are made of either inactivated viruses or with proteins from the flu virus—so you can't get the flu from the vaccine.
- **Myth:** The flu is only spread by coughing and sneezing.
- **Fact:** Flu viruses are largely spread this way, but a person might also get the flu by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. That's why you should wash your hands frequently with soap and water or an alcohol-based cleanser.

A one-stop shop for your vaccine needs this fall

At CVS Pharmacy, you can conveniently schedule a flu shot and COVID-19 vaccine in the same appointment for yourself and your family via digital scheduling through CVS.com or the CVS Pharmacy app. Walk-in appointments are available for people of all ages, seven days per week, with evening and weekend hours. Anyone who receives a CDC-recommended vaccine through the end of the year will get a \$5 off \$20 in-store CVS Pharmacy coupon.

Learn More

Visit www.cvs.com or www.minuteclinic.com for more information on the vaccines offered. Certain immunizations have age and location restrictions.