



# Health Alert

## It's Time to Help Protect Yourself from the Flu and COVID-19

(NAPS)—While there's no distinct COVID-19 season like there is for the flu, it's been shown that COVID-19 can peak during the winter months. To help fight respiratory illnesses, it's recommended you get a flu vaccination, as well as the updated COVID-19 vaccine.

According to the Centers for Disease Control and Prevention (CDC), people six months and older, with rare exception, should get the updated annual flu vaccine, ideally by the end of October. The CDC also recommends that everyone ages six months and older should get the updated 2024–2025 COVID-19 vaccine, unless otherwise noted, to help restore and enhance protection against the currently circulating virus variants.

It's especially important to protect certain populations. This includes those at increased risk of complications from severe flu or COVID-19 illness, such as adults 65 and older, people with certain immunocompromising or chronic medical conditions, infants, children younger than two and pregnant women.

"Preventive vaccinations are the best way to protect yourself and your family from seasonal illnesses," said Dr. Sree Chaguturu, executive vice president and chief medical officer at CVS Health. "Access to preventive vaccinations is critical to keeping communities healthy."

According to Dr. Chaguturu, it's helpful to understand the science behind vaccines so people feel informed and safe getting vaccinated.

**Myth #1: You should wait until flu season peaks to get vaccinated.**

According to the CDC, the timing of flu season is difficult to predict and can vary in different parts of the country and from season to season. It's important to get vaccinated before flu season peaks or



**You can schedule an appointment for the seasonal flu vaccine, as well as COVID-19, respiratory syncytial virus (RSV) and pneumococcal pneumonia vaccinations at your local CVS Pharmacy at [CVS.com](https://www.cvs.com).**

outbreaks occur in your area since it takes about two weeks for your body to build up protection after getting vaccinated.

**Myth #2: You can't receive other vaccinations with the flu shot.**

The CDC says patients can get a COVID-19 vaccine at the same time as the flu vaccine and other eligible vaccines. At CVS Pharmacy, patients can schedule multiple vaccinations in one appointment.

**Myth #3: You don't need updated vaccinations for the flu.**

Getting the flu shot every year is essential because the body's protection from the vaccine declines over time. Also, flu viruses vary yearly, so receiving the latest vaccine formulation provides optimal protection.

Flu shot appointments (for up to four people in one appointment) can be scheduled at CVS Pharmacy or Minute-Clinic by visiting [CVS.com](https://www.cvs.com) or the CVS Pharmacy app.

You can visit [CVS.com](https://www.cvs.com) to learn more about vaccinations or schedule an appointment.