



**NYC**  
**HEALTH+**  
**HOSPITALS**

**VACCINATIONS FOR ALL**

# Get a Flu Shot Today!

With the COVID-19 and flu viruses circulating at the same time in NYC, getting a flu vaccine is more important than ever.

A flu shot helps protect you and your family and can reduce your risk of illness, hospitalization and even death.

All New Yorkers should get a flu vaccine, especially:

- + Children under 5
- + Adults over 65
- + Pregnant and postpartum individuals
- + People with chronic medical conditions like diabetes, asthma, HIV, kidney and heart disease
- + All essential workers, especially health care workers

This year, you can get a flu vaccine at the same time as the COVID-19 vaccine or the updated bivalent booster at little or no cost. Availability of getting both flu and COVID-19 booster may vary by location.

**Visit your doctor's office or call us to make an appointment.**

**1-844-NYC-4NYC**

(1-844-692-4692)