



FALL VACCINES

Get protected now against the flu and COVID-19. **This guide answers your questions** about who should get vaccinated and when.



INFLUENZA VACCINE

Recommendations by Age:

- **Everyone 6 months and older** should receive a seasonal flu vaccine, with rare exceptions.

Availability and Coverage:

- Since **various flu vaccines are available**, consult your healthcare provider for options.
- Ensure your provider accepts **your child's insurance**.
- The vaccine may also be free through the **CDC's Vaccines for Children (VFC) Program**,* if the child qualifies.



COVID-19 VACCINE

Recommendations by Age:

- The CDC advises* that **most adults aged 65 and older** receive a COVID-19 vaccine.
- **Parents** of children 6 months to 17 years and adults 18 to 64 years **are encouraged to consult with a healthcare provider** regarding the advantages of vaccination.

Why it is important:

- COVID-19 vaccine **protection decreases with time**.
- **Immunity** after a COVID-19 infection **decreases with time**.
- **Vaccines are updated** to give the best protection against the currently circulating strains.

WHY FALL IS THE BEST TIME

Vaccine Updates:

- COVID-19 vaccines are **routinely updated**.
- Updated flu vaccines are **typically available by September** each year.

The Flu Season:

- Flu season **generally starts in October** and peaks from December to March.
- Getting updated vaccines in the fall can **provide protection during fall and winter** months.
- NOTE: Since respiratory viruses can cause illness year-round, it is **always a good time to get vaccinated, if you haven't already**.



Discover which vaccines are recommended for you and your family members based on their ages.

VACCINES*
by age



CDC.GOV

This publication has been prepared by TrueNorth Companies, L.C. and is intended for informational purposes only. Transmission of this publication is not intended to create, and receipt does not constitute, a client relationship with TrueNorth Companies, L.C. This publication does not constitute any type of representation or warranty, and does not constitute, and should not be relied upon as, legal or medical advice. This publication is not a contract and does not amend, modify or change any insurance policy you may have with an insurance carrier. | © 2025 TrueNorth Companies, L.C. All rights reserved.

* Sources: [cdc.gov](https://www.cdc.gov), <https://www.cdc.gov/FLU/>, <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>, <https://www.cdc.gov/vaccines-for-children/about/index.html>, <https://www.cdc.gov/vaccines/by-age/index.html>, UPDATE- <https://www.hhs.gov/press-room/acip-recommends-covid19-vaccination-individual-decision-making.html>

BROUGHT TO YOU BY:

