

Getting Vaccinations in the Fall

During the Fall, the weather begins to get cooler. Cold weather makes it more difficult for people to fight off viruses that make us sick and to stay healthy. Since I spend more time indoors, I am more likely to get viruses from other people or share my virus with someone else. In order to help people not get so sick during the Fall and Winter months, it is important to get some vaccines in the Fall.



A vaccine is a special shot that people get that will help their bodies fight off a virus and stay healthier. There are different vaccines that people can get to protect them from different viruses. Some important shots that most people should get right now are for the flu and COVID-19.



There are different places that I can go to get shots. I could go to my doctor's office or a drugstore, like CVS or Walgreens. I can tell my family or support person that I want to get my flu and COVID-19 shots and they can help me find a place to get them. I will probably need to make an appointment to get my shots. Getting my shots in the Fall is a great way for me to protect my body and stay healthy. I can protect myself and my family at gatherings for the upcoming holidays.



For more information visit: www.go.iu.edu/4pJY