

# Stay Up to Date with Your COVID-19 Vaccinations: Get an Updated Shot

The updated COVID-19 vaccine has already been released. The Centers for Disease Control and Prevention recommends that everyone 6 months and older get the updated shot.

## Why do I need an updated shot if I already received the previous COVID-19 vaccines?

Vaccines are effective, but the immunity they give wears off over time. An updated shot will help to make sure your immune system is strong and help you to avoid getting very sick.

## I heard I can still get sick. What is the point?

The updated shot makes it less likely that you will become very sick or end up in the hospital. You also help to protect people who are at-risk of getting sick from COVID-19.

## I am tired of all these vaccines. I just want to live my life.

Staying up to date with vaccinations gives you opportunities to safely spend time with family and friends because you are decreasing the possibility of getting very sick. Vaccines increase your chance of staying healthy and living your life.

## I do not want to deal with side effects from vaccines. Is COVID-19 much worse than those?

Some people do experience short-term side effects from the vaccine, but getting the COVID-19 virus can be much more damaging to your body. You never know when you will get sick with COVID-19 or how bad it will be.

## I do not know what I am supposed to do. The COVID-19 guidelines keep changing.

It is okay to feel unsure about what to do. Talk with your medical provider about what is best for you and if you should get the updated shot.

## My friend had COVID-19 and said it was not that bad.

COVID-19 affects everyone differently. People who stay up to date on their COVID-19 vaccine shots have better protection against getting very sick than people who do not get vaccinated.

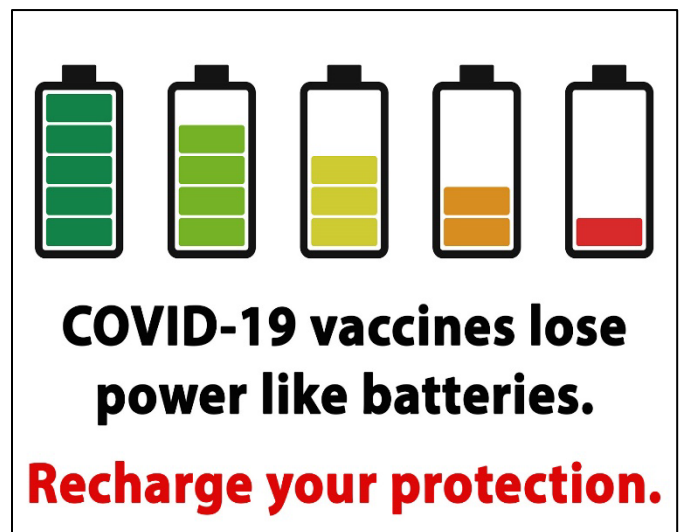
## I do not really care if I get COVID-19. I think I will be fine without the updated shot.

Getting your updated shot is important for your health. When you are up to date with your vaccinations, you are not only protecting yourself but also your friends and family.

## I have never been vaccinated against COVID-19. Do I need to start with the first two shots?

If you have never been vaccinated against COVID-19 or you did not stay up to date with the boosters, you just need to get the updated shot.

*Adapted from Johns Hopkins Bloomberg School of Public Health*



For more, use the QR code or this link: [go.iu.edu/4pJY](https://go.iu.edu/4pJY)