Where can I get vaccinated?

- You can get the flu shot at your local pharmacy or health care provider.

- If you do not have health insurance, a health center may offer a flu shot for free or at a low cost.

- Visit **vaccines.gov** to find a list of all the locations offering COVID-19 vaccines and boosters near you!

Are you a farmworker with questions about vaccines? Contact the **Call for Health** helpline at **+1 (800) 377-9968** or WhatsApp to **+1 (737) 414-5121**.

Una Voz Para La Salud
Call for Health

For more information, hover your camera over the QR code

Protect Yourself From Both the **Flu** and **COVID-19!**

MHP Salud

NCFH
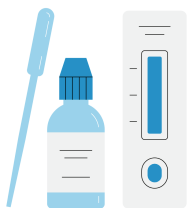National Center for Farmworker Health, Inc.

Flu and COVID-19

- Are illnesses that spread from person to person through the air or through contact with an infected person.
- Can cause serious illness that can lead to hospitalization and death.

How can I protect myself and my community?

- You may **choose to wear a mask** at any time.
- **Get the flu vaccine** once a year.
- **Stay up-to-date with your COVID-19 vaccines** to lower your risk of getting very ill due to COVID-19.
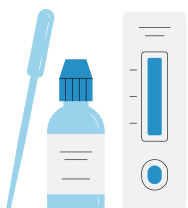- **Wear a mask** if you have had contact with anyone infected with COVID-19.
  - **Get tested for the flu and COVID-19** if you feel any symptoms (cough, fever, etc.).
  - **Stay home** for 5 days if you test positive for the flu or COVID-19.

Who can get vaccinated?

- Everyone 6 months and older is eligible for both the flu and COVID-19 vaccines.
- **You can get your flu vaccine at the same time as a COVID-19 vaccine or booster shot.**
- COVID-19 vaccines and booster shots are free for every person living in the US, but you may need to pay for your flu vaccine.