



## What you need to know about the updated COVID-19 vaccine: Suggested talking points

- **The updated COVID-19 vaccine is now available and [recommended for everyone 6 months and older](#).**
  - Anyone 5 years or older is eligible to receive one dose of Pfizer's or Moderna's [updated vaccine](#), regardless of previous COVID-19 vaccination status.
  - People who are immunocompromised and children 6 months to 4 years may need additional doses.
  - If you've had a recent COVID-19 infection, the CDC suggests delaying vaccination for three months from when your symptoms started or from when you received a positive test result.
- **Getting your updated COVID-19 vaccine is the best way to remain protected against the virus.**
  - Adults who are 75 and older [have the highest rate of COVID-19 hospitalization](#).
  - Infants 6 months and younger have the [second-highest rate](#) of COVID-19 hospitalization.
  - The CDC says getting an updated COVID-19 vaccine provides a [safer and more reliable way to build protection](#) against COVID-19 than getting sick from COVID-19.
- **The benefits of getting the updated shot outweigh the risks across age groups.**
  - COVID-19 hospitalization rates are [higher than those for other vaccine-preventable diseases](#), like chickenpox, hepatitis A, and pneumococcal disease.
  - Potential cases of post-vaccine myocarditis [are extremely rare](#) and usually mild. A COVID-19 infection is [more likely to cause myocarditis](#), and those cases are typically more severe. This is even true among young men, who are most likely to experience myocarditis from vaccines. The CDC continues to recommend the COVID-19 vaccine for everyone 6 months and older.
  - Vaccination can reduce the risk of [developing long COVID](#).



## The updated COVID-19 vaccine is here: Frequently asked questions

### 1. Where is the updated COVID vaccine available, and how much does it cost?

Walgreens and CVS pharmacies nationwide are currently [offering appointments](#) to get the updated COVID-19 vaccine. Rite Aid will begin offering appointments to get the updated COVID-19 shot later this month. Visit [Vaccines.gov](#) to find other pharmacies offering the COVID-19 vaccine near you.

Most insurance companies will cover the full cost of the vaccine, so insured people [shouldn't have any out-of-pocket](#) costs, as long as they get the shot from an in-network provider. Uninsured adults and adults whose insurance does not cover vaccine costs can get the shot for free through the CDC's [Bridge Access Program](#). Visit [Vaccines.gov](#) to find locations that offer no-cost COVID-19 vaccination.

### 2. When should I get the updated COVID-19 vaccine?

If you haven't contracted COVID-19 in the past three months, you can get your updated vaccine now. If you've had a recent COVID-19 infection, [the CDC suggests](#) delaying vaccination for three months from when your symptoms started or from when you received a positive test result. [Studies show](#) that more time between infection and vaccination may improve immune response.

### 3. Is it safe to get the flu vaccine and the COVID-19 vaccine at the same time?

[According to the CDC](#), it's safe to get your annual flu vaccine and your updated COVID-19 vaccine at the same time. Adults 60 and older who are eligible for the RSV vaccine can safely get their flu, COVID-19, and RSV vaccines [at the same time](#).