



Five Things to Know About the COVID-19 Vaccines

The vaccines are our best form of protection.

As new variants spread across the world, vaccination—including booster shots—is more important than ever. It is the best way you can protect yourself and your loved ones. It is our best chance at ending this terrible pandemic.

Children six months and older should get vaccinated.

COVID-19 can make children very sick, and it can cause serious complications, including hospitalization and death. Protect your children by getting them, and yourself, vaccinated.

Booster shots are available for everyone age 5 and older.

The FDA has authorized updated bivalent booster shots that offer increased protection against newer variants of the virus. For continued protection, people ages 5 and up should get one of these bivalent booster shots two months after their second dose or most recent booster.

The vaccines are safe and effective.

Billions of people worldwide have now been vaccinated—people of all races and ethnicities. You may experience mild side effects immediately following vaccination. This is normal and expected. They should go away quickly, within a day or two.

Even if you've had COVID-19, you should still get vaccinated.

The vaccines will reduce your chance of becoming reinfected in the future. If you do get COVID-19 again, vaccination helps prevent serious illness, hospitalization, and death.

To find a vaccine location scan the QR codes to take you to the link:



**Mount Sinai
Health System**



New York State
1-833-NYS-4-VAX
(1-833-697-4829)



New York City

To learn more about COVID-19 vaccines, scan this QR code:

