

Can you afford to get sick?

Kentuckians work hard every day to keep themselves, their family and their loved ones safe and healthy.

Respiratory viruses like the flu, RSV and COVID-19 may cause you or your family members to miss work, become very sick or even end up in the hospital. Vaccines help keep you and your family members at work and enjoying the activities you love.

What You Should Know About Vaccines:

- **Vaccines are proven safe** – they do not contain harmful ingredients and do not cause disease. As with any medicine, vaccines can have side effects and are most often mild, like a sore arm from the shot, feeling tired, headache and fever.
- **Vaccines help your body build up its defenses** against the disease(s) they protect against before you get sick. So, if you get infected, they help to make your symptoms less severe.
- **The protection you get from some vaccines does decrease over time**, like with the flu and COVID-19. Why? The viruses that cause these diseases change all the time. A previous vaccine may not protect you from the viruses of the current year.
- Vaccines that protect against respiratory viruses do not prevent all cases of flu, RSV and COVID-19. **They help to decrease the number of people who get seriously sick, are hospitalized, and die.**
- Vaccines continue to be monitored when they become available for use. **Vaccines have saved millions of lives.**



Even if you are healthy, you can still get sick with a respiratory virus and spread these diseases to your loved ones who are at high risk for serious illness.

Talk to a healthcare provider about what vaccinations are recommended for you and your family by calling your local:

- community health center
- pharmacy
- health department

Learn more about respiratory viruses and their available vaccinations at [Lung.org/vaccines](https://lung.org/vaccines)

With questions, or for help in finding vaccination locations, talk to our experts at the American Lung Association's **Lung HelpLine** by calling **1-800-LUNGUSA**.