

INFORMATION YOU AND YOUR FAMILY CAN TRUST!



It's respiratory virus season again. Along with circulating viruses, there is a lot of confusing information out there. NMQF is committed to helping you, your family members, and community stay protected from serious respiratory illnesses.

The best way to avoid the worst symptoms of the flu, COVID, or RSV is by getting vaccinated: Get yours today!

COVID-19 Vaccines

It is recommended that **everyone 6 months and older**, including children, adults, and pregnant people, get an updated COVID-19 vaccine this Fall/Winter season.

Learn more recommendations for **children** [here](https://bit.ly/4jGMyOT) (<https://bit.ly/4jGMyOT>)
Learn more recommendations for **adults** [here](#)



RSV Protection

- **People 75 and older** should get the RSV shot. Only 1 dose per lifetime is needed.
- **People 50–74** should get it if they have health problems.
- **Pregnant people** should get the RSV shot at 32–36 weeks, from September to January **to protect their babies.**
- For **Babies and toddlers**, contact your child's doctor for shots that help protect against RSV.

Learn more [here](#)



Flu Vaccines

Everyone 6 months and older should get a flu shot every year between September and May.

Learn more [here](#)



See vaccine schedules by age here:

[Birth through 6 years](#)
[7 through 18 years](#)

Have questions? Talk to your doctor, nurse, or pharmacist. You can also **use your patient portal** on your phone or computer.

Our experts recommend following the advice from the [American Academy of Family Physicians](#) & [American Academy of Pediatrics](#)



Helpful Resources



VaxAssist by Pfizer

**Find and schedule
respiratory vaccinations**

**VACCINATE
YOUR FAMILY**
**Paying
for Vaccines**

The National Minority Quality Forum (NMQF) and the Center for Sustainable Health Care Quality and Equity (SHC) are committed to promoting health equity in every community. We thank our experts — Dr. Yabo Beysolow, Ms. Abby Bownas, Dr. Keith Ferdinand, and Dr. Donney John — for helping guide this information.

Learn more at: <https://shc.nmqf.org>.



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