

BENEFITS OF GETTING VACCINATED

Staying up to date on your vaccinations this cold and flu is an important step you can take to protect yourself and others from respiratory viruses. Since both flu and COVID viruses change over time, getting an updated vaccine each year can help you maintain protection against new strains.

Not only are vaccines safe, but they come with quite a few benefits!



Interested in learning more? Check out the CDC's [Flu Vaccine Benefits](#), [COVID-19 Vaccine Benefits](#) and a great guide to help promote [Vaccination in the Workplace](#).