Be ready for the new year!

This new year, help prevent hospitals from being overwhelmed by choosing to get vaccinated.

Flu activity is currently very high in Washington state, and COVID-19 is still circulating. A new study shows that the bivalent booster provided additional protection against COVID-19–associated emergency department/urgent care encounters and hospitalizations*. Protect yourself and preserve our medical system by getting vaccinated.

You can get your COVID-19 and flu shots at the same time.

Vaccination helps reduce more severe symptoms including hospitalization and death.

Please let us know if this is useful and if you'd like to see more of it by taking our short survey.

Washington State Department of Health

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*Tenforde MW, Weber ZA, Natarajan K, et al. Early Estimates of Bivalent mRNA Vaccine Effectiveness in Preventing COVID-19–Associated Emergency Department or Urgent Care Encounters and Hospitalizations Among Immunocompetent Adults — VISION Network, Nine States, September–November 2022. MMWR Morb Mortal Wkly Rep. ePub: 16 December 2022. DOI: http://dx.doi.org/10.15585/mmwr.mm715152e1