

COVID-19 AND FLU VACCINE RESOURCES

Make an appointment and talk to your health care provider about your risks.
You also may call Sandhills Center:

1-800-256-2452
(TTY: 1-866-518-6778)



SANDHILLS CENTER

An NC Medicaid Behavioral Health and Intellectual/
Developmental Disabilities Tailored Plan

Sandhills Center assures that people in need have access to quality physical and behavioral health services in 11 North Carolina counties. Visit us online at [SandhillsCenter.org](https://sandhillscenter.org).

Sandhills Center values the health of our communities. We want to make sure members and providers have access to COVID-19 and influenza (flu) resources. The U.S. Centers for Disease Control and Prevention (CDC) expects COVID-19 and flu viruses to spread rapidly. Talk to your health care provider to learn if you are at high risk for getting very sick.

WHAT IS COVID-19?

COVID-19 is a coronavirus, a type of virus that can affect your respiratory system. The respiratory system is made up of the functions and organs in the body that help you breathe, such as the mouth, nose, sinuses and lungs. There are many variants of COVID-19. It is highly contagious. That means it spreads quickly. COVID-19 and the flu can cause similar symptoms. If you get sick, the best way to know which illness you have is to get tested. This will allow you to get the right treatment. To learn more about COVID-19 vaccines and how to get them in your area, visit the North Carolina Department of Health and Human Services website: <https://covid19.ncdhhs.gov/vaccines>

(More information on reverse side)

Source: Based on information from the U.S. Centers for Disease Control and Prevention and the North Carolina Department of Health and Human Services.

ANSON-DAVIDSON-GUILFORD-HARNETT-HOKE-LEE-MONTGOMERY-MOORE-RANDOLPH-RICHMOND-ROCKINGHAM

HOW CAN YOU PROTECT YOURSELF AND OTHERS FROM COVID-19?

- Stay up to date on your COVID-19 vaccines.
- Avoid sick people, and stay away from others if you are sick.
- Keep some physical distance between yourself and other people.
- Wear a mask with the best fit, protection, and comfort for you. A mask can help protect you even when others are not wearing one.
- Get tested for COVID-19 before you have an indoor visit with people who do not live with you.
- Choose outdoor visits and activities when possible.
- Cover your mouth with a tissue when you cough or sneeze.
- Wash your hands often.
- Avoid touching your mouth, nose, and eyes.

WHO SHOULD GET THE FLU VACCINE?

The CDC advises everyone age 6 months or older to get a flu vaccine each year. It lowers the chances of you getting and spreading the flu. Flu vaccines help protect you from getting sick or having serious complications. The flu vaccine is very important for people who are at high risk for getting other health problems from the flu. If you are pregnant, getting the flu shot helps to protect your baby until they are old enough to get the vaccine.

Talk to your healthcare provider or pharmacist about getting the flu vaccine. You can find flu vaccines in your area by going to [vaccines.gov](https://www.vaccines.gov)

THE IMPORTANCE OF GETTING BOTH FLU AND COVID-19 VACCINES

It is important to get your yearly flu vaccine and stay up to date on your COVID-19 vaccines. Active spread of both flu and COVID-19 viruses could be happening at the same time. You can get sick with both infections at once. If you get both viruses but you only had one of the vaccines, you could still get very sick. Getting both vaccines means you are less likely to get seriously ill.

NEED MORE INFORMATION?

To learn more about COVID-19, the flu and vaccines, visit the U.S. Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).

