

A Guide to Getting Your Updated Flu and COVID-19 Vaccines in College

CVEEP
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Respiratory illnesses, like COVID-19 and flu, spread easily in college classrooms and on campuses, where community living space, social activities, and densely populated shared facilities can lead to rapid transmission of viruses. This can lead to significant outbreaks and disruption to daily life on campus, and in some cases can even result in severe illness—especially for those with underlying conditions.

Staying up to date with respiratory vaccines is the best way to protect yourself and your campus community against the worst outcomes of many infectious respiratory diseases. Learn more about the flu and COVID-19 vaccines and how to access them:



Who needs flu and COVID-19 vaccines?

- **Flu:** The CDC recommends everyone ages 6 months and older, including college students, receive one dose of an updated flu vaccine every year in the fall. Some individuals may consider vaccination in July or August depending on circumstances.
- **COVID-19:** The CDC recommends everyone ages 6 months and older, including college students, receive one dose of an updated COVID-19 vaccine. People who are moderately or severely immunocompromised may need additional doses of a COVID-19 vaccine.



Where can I get respiratory vaccines?

- **Campus Health Centers:** Some campus health centers offer vaccination services, and your school may run vaccination events or clinics on campus, particularly during respiratory illness season. Check with your college's student health department for more information.
- **Pharmacies:** Most major pharmacies offer many recommended vaccines for adults. Check with your pharmacy to see what vaccines they stock and if you need to make a vaccination appointment. [Vaccines.gov](https://www.vaccines.gov) features a pharmacy lookup tool to help you find a pharmacy near you.
- **Healthcare Provider's Office:** If you have a primary healthcare provider, you can schedule an appointment to discuss staying up to date with your flu and COVID-19 vaccines – and get vaccinated.
- **State and Local Health Departments:** State and local health departments are a great resource for learning where you can get flu and COVID-19 vaccines. Additionally, some health departments may offer free or low-cost vaccines for those who are uninsured, as well as information about vaccine recommendations and eligibility.



What should I bring to a vaccine appointment?

- **Identification:** Some vaccine sites ask for proof of identity or eligibility. Bring a driver's license or other state-issued ID that shows your name, age, and state of residency.
- **Insurance cards:** Bring all available insurance cards including Medical and Pharmacy.
- **Vaccine Administration Record (if available):** CDC is no longer distributing COVID-19 vaccine cards, and they are not required to receive any vaccine, including a COVID-19 vaccine.



Will I have to pay out-of-pocket to get vaccinated?

- Flu and COVID-19 vaccines are covered by most insurance plans at no cost to insured adults and children. Be sure to check that your provider takes your insurance.
- For adults without health insurance, these vaccines may be available at no cost or low cost through patient assistance programs or state health departments.
- Children 18 years old or younger who are uninsured or otherwise unable to afford the cost of vaccines, including those who have Medicaid or qualify for CHIP benefits, can receive vaccines through the Vaccines for Children (VFC) program, which provides recommended vaccines free of costs to those who qualify.