

# Protect your family from COVID-19.

## Get vaccinated!

### How to stay healthy?

For adults, one dose of the bivalent shot (the booster promoted since late 2022) is recommended. For children, up to three doses are recommended, depending on age and type.

### Get it Today

If you have insurance, including Medicare, get your vaccine at your local provider or pharmacy. For those without insurance, contact your local Department of Health.  
<https://www.vdh.virginia.gov/local-health-districts/>

