



VACCINE FACTS

What Vaccines Should I Get?

Most people should get vaccinated for:

- **Seasonal Flu** (Influenza)
 - Get by the end of October or soon after, every year.
- **COVID-19**
 - If you have not gotten a COVID-19 vaccine since last fall, you should get one now.
 - The vaccine has been updated to protect against newer strains of the virus. Talk with a trusted healthcare professional or pharmacist for questions about getting the updated vaccine.
 - If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.
- **Tdap** (tetanus, diphtheria and pertussis) (over age 7)
 - Get TDAP or tetanus booster every ten years after an initial shot.

Most people over age 50 should also get vaccinated for:

- **Shingles**
 - Get 2 doses within 2 to 6 months.
- **Pneumonia** (over age 65)
 - Get 1-2 doses one year apart depending on your age and whether you have already had 1 dose. Talk with a trusted healthcare professional to find out what is best for you.
- **RSV** (coming soon)

Questions?

- Talk with a trusted healthcare professional to find out which vaccines are recommended for you.

Learn more at cdc.gov/nip/adultimmsched/

Why Should I Get Vaccinated?

- Getting vaccinated is the best way to prevent serious illness from these diseases.
- People over age 65 or who have compromised immune systems are most at risk for getting very sick from these diseases.

Do Vaccinations Cause Side Effects?

- Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
- The most common side effects are fever, tiredness, body aches, or redness, swelling, and tenderness where the shot was given.
- Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

Are Vaccines Safe?

- The United States long-standing vaccine safety system ensures that vaccines are as safe as possible.
- For example, hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.

What is the Cost?

- Most vaccines are paid for by Medicare, Medicaid or private health insurance. Those who do not have health insurance should ask at a local pharmacy or health care center about free vaccines.

Local Partner: Area Agency on Aging District 7

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