

Did you know?

Vaccines are the best way to protect yourself and your loved ones from preventable disease.



Vaccines help your body create protective antibodies — proteins that help it fight off infections. By getting vaccinated, you can protect yourself and avoid spreading preventable diseases to other people in your community. Some people cannot get certain vaccines because of age, a weakened immune system, or other serious health condition. Those people are less likely to catch a preventable disease when you and others around them are vaccinated against it. Help protect yourself and the people you love by staying up to date on recommended vaccinations.¹

RECOMMENDED VACCINE	WHAT IT PREVENTS	DESCRIPTION
Influenza ²	Flu	The flu is a highly contagious respiratory illness that can affect the nose, throat, and lungs. The best way to prevent the flu is by getting an annual flu shot.
Tdap ³	Tetanus Diphtheria Pertussis	TETANUS (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death. DIPHTHERIA (D) can lead to difficulty breathing, heart failure, paralysis, or death. PERTUSSIS (aP) , also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. In babies and young children, pertussis can cause pneumonia, convulsions, brain damage, or death.
Zoster ⁴	Shingles	Shingles is a painful skin rash that develops on one side of the face or body. It is caused by the varicella-zoster virus (VZV), the same virus that causes chickenpox.
Pneumococcal ⁵	Pneumonia Meningitis Bloodstream infections	Pneumococcal bacteria are responsible for a range of illnesses, including pneumonia, meningitis, and bloodstream infections.

Consult with your healthcare provider to ensure you are current with the vaccines recommended for your needs.

¹ <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

² <https://www.cdc.gov/flu/prevent/flushot.htm>

³ <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html>

⁴ <https://www.cdc.gov/shingles/vaccination.html>

⁵ <https://www.cdc.gov/vaccines/vpd/pneumo/>