

Next Steps

You can receive your Flu, Pneumonia, or Tetanus booster today!

Ask your local pharmacist about receiving COVID-19, Shingles, and RSV vaccines.

- ☐ COVID-19 Booster
- ☐ Flu Shot (Seasonal)
- ☐ Pneumonia Vaccines
- ☐ Shingles Vaccines
- ☐ Respiratory Syncytial Virus (RSV) Vaccine
- ☐ Tetanus Booster with Pertussis (TDaP)

My Vaccine Plan:

References

Scan QR codes for more information regarding vaccine recommendations:



WELCOME TO MY PERSONALIZED VACCINE PLAN

Which of the following vaccines are you interested in today?

- ☐ COVID-19 Booster
- ☐ Flu Shot (Seasonal)
- ☐ Pneumonia Vaccines
- ☐ Shingles Vaccines
- ☐ Respiratory Syncytial Virus (RSV) Vaccine
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Did You Know?



Pneumonia

Pneumonia vaccines help prevent certain types of pneumonia and other infections caused by pneumococcal bacteria.

Getting vaccinated protects you and also helps reduce the spread of pneumonia-causing bacteria to others.

The risk of pneumonia increases as we age due to a naturally weakening immune system.

Shingles

Shingles is an aggressive disease that can result in rash or blisters on the face and body.

Shingles vaccines help prevent shingles and the associated chronic pain.

Flu

Flu shots protect older people and help stop the flu from spreading to others.

If you get the flu, the vaccine reduces severity of the flu and complications.

COVID-19

You can get the new COVID-19 booster shot, like Moderna, Novavax, or Pfizer-BioNTech, at least 4 months after your last COVID-19 shot.



Respiratory Syncytial Virus (RSV)

RSV causes disease that affects the lungs in older adults, similar to flu.

The best time to get vaccinated is in the late summer or early fall — just before RSV usually starts to spread in the community.

Tetanus

Tetanus is a serious bacterial infection that requires immediate medical attention.

Childhood tetanus shots wear off over time, so get a booster shot every 10 years to stay protected.