Adults Need Vaccines Too!

Vaccines can protect you from serious diseases such as the flu, pneumonia and COVID-19. Getting the flu, COVID-19 or pneumonia could send you to the hospital. Talk to your doctor about these vaccines:

☐ Flu
☐ Pneumonia
☐ COVID-19

MYTH OR FACT?

Not everything that we read or hear is true, especially when it comes to vaccines.

Myth: I'm healthy so I don't need vaccines.
Fact: As we age, our immune systems weaken, which increases our risk for illnesses such as flu and pneumonia. Vaccines protect you and your family.
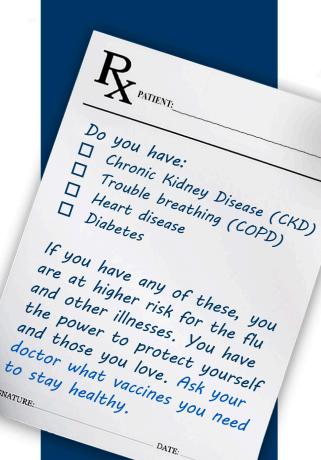
Myth: If I get the flu shot I will get the flu.
Fact: You **CANNOT GET THE FLU** from the **FLU SHOT**.

Pneumonia is a serious lung infection. Older adults are at the greatest risk for getting it. The best way to prevent pneumonia is to get vaccinated. All adults aged 65 years or older need two vaccines to protect themselves.

COVID-19 is an infectious disease caused by SARS-CoV2 coronavirus. There's no way to know how COVID-19 will affect you. The best way to reduce the risk that you will get seriously ill that requires hospitalization is to get the COVID-19 vaccine.

Rx

PATIENT: _____

Do you have:
☐ Chronic Kidney Disease (CKD)
☐ Trouble breathing (COPD)
☐ Heart disease
☐ Diabetes

If you have any of these, you are at higher risk for the flu and other illnesses. You have the power to protect yourself and those you love. Ask your doctor what vaccines you need to stay healthy.

SIGNATURE: _____

DATE: _____