

What Vaccines are Recommended



COVID-19

COVID-19 vaccines available in the U.S. are effective at protecting people from getting seriously ill, being hospitalized, and dying. The CDC recommends that everyone ages 6 months and older receive the 2024-2025 Covid-19 vaccine. It is especially important to receive the current year's vaccine if you are age 65 or older, at high risk of severe Covid-19, or have never received a Covid-19 vaccine.



Seasonal Flu (Influenza)

All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions and older adults.



Shingles

Almost 1 in 3 people in the United States will develop shingles in their lifetime. The risk of shingles increases with age. Shingles vaccine, protects against shingles and the complications from the disease. Shingles vaccine is recommended for healthy adults 50 years and older.



Pneumococcal Vaccine

Pneumococcal disease is caused by bacteria and can range from ear and sinus infections to more serious lung and blood infections.



Hepatitis B

Hepatitis B vaccine protects from hepatitis B which causes a flu-like illness with loss of appetite, nausea, vomiting, rashes, joint pain, and jaundice.



RSV (Respiratory Syncytial Virus)

The CDC recommends a single dose of the RSV vaccine for all adults age 75 and older, and adults ages 65-74 who are at increased risk of severe RSV disease.



MMR (Measles, Mumps and Rubella)

MMR vaccine helps protect against measles. Individuals born before 1957 are generally considered to be protected against measles. Those who may have been vaccinated between 1963 to 1967 with an inactivated or killed vaccine should check with their provider whether they need a dose of measles vaccine.

Reference: <https://www.cdc.gov/vaccines/vpd/mmr/public/index.html>

5 REASONS

FOR ADULTS
65 AND OLDER
TO GET

VACCINES



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**VACCINE
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5 Reasons Why I Should Get Vaccinated

1 Vaccines Have Saved Lives for Over 100 Years—But Serious Disease Is Still a Threat

People all over the world—including in the United States—still become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on recommended vaccines. The best defense against many infectious diseases is to get vaccinated.

2 Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease

By getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people in your community. Vaccines help your body create protective antibodies—proteins that help it fight off infections. You are less likely to get and you are less likely to get others sick.

3 Vaccines Can Prevent Serious Illness

Some vaccine-preventable diseases can have serious complications or even lead to later illnesses. For them, vaccination provides protection not only against the disease itself but also against the dangerous complications or consequences that it can bring.

4 The Vaccines You Receive Are Safe

Vaccine safety is a high priority. The vaccines we have in the United States are safe and have been rigorously tested. The CDC and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval.



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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.

5 Vaccines May Be Required

Adults who live together in rehabilitation or care centers need to be vaccinated against diseases that circulate in close quarters. If one person gets infected in these close quarters, they can get sick and infect many others in the same setting.

Do I Have To Pay For Vaccines?

COVID-19 vaccine is covered by Medicare, Medicaid and most private insurers. Seasonal flu, pneumococcal vaccines and Hepatitis B are covered by Medicare Part B and can be given at private doctor offices as well as health centers, pharmacies, health departments, and vaccine clinics. Shingle vaccines are covered by Medicare Part D and are available at pharmacies and vaccine clinics. Most of these vaccines are available free of charge for people with Medicare coverage, but may need authorization on eligibility and coverage.

VACCINE CHECKLIST

- ✓ Covid-19
- ✓ Seasonal Flu
- ✓ Shingles
- ✓ Pneumococcal
- ✓ Hepatitis B
- ✓ RSV
- ✓ MMR

