

Are You Up to Date with VACCINES

Think vaccines are just for kids? Think again! There are some vaccines that need boosters in adulthood or are only recommended for older individuals.

Talk to your healthcare provider about these adult immunizations:

TDAP

TDAP protects against tetanus, diphtheria and pertussis and is required every 10 years.

Pneumonia

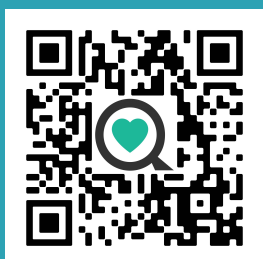
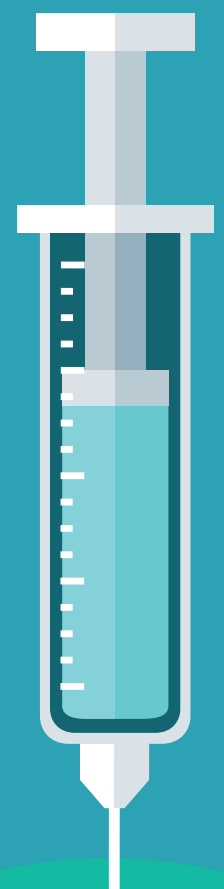
Pneumonia can be prevented, and this vaccine is recommended for everyone 65 and older.

Shingles

Shingles is an uncomfortable infection that can affect anyone who has had chicken pox. Adults over 50 who have had chicken pox should get the vaccine.

Flu

Flu shots are administered annually and are recommended for most adults and children.



For more information, visit mycare.sharecare.com.