

The Vaccine Triple Play



COVID-19 Bivalent Booster

- COVID-19 vaccines are effective at preventing severe illness, hospitalization, and death.
- Boosters are additional doses that help maximize your protection against COVID-19.
- The updated boosters are called bivalent because they protect against both the original virus that causes COVID-19 and the Omicron variants BA.4 and BA.5.
- The Centers for Disease Control and Prevention (CDC) recommends everyone stay up to date with COVID-19 vaccines.

That means that everyone 5 years of age and older should receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose.

- Those at highest risk of getting and dying from COVID-19 include:
 - Seniors 65 years of age and over.
 - Individuals with chronic medical conditions, such as heart disease, obesity, and diabetes.
 - People residing in congregate living.

CDC. COVID-19—www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html



Annual Flu Vaccine

- Flu is a contagious respiratory disease that can cause severe illness, hospitalization, and even death.
- Those at higher risk of serious complications from flu include:
 - Seniors 65 years of age and over.
 - People of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease.
 - Pregnant women and children under 5 years of age.
- Getting an annual flu vaccine is the best way to protect yourself and your loved ones from flu.

CDC. Flu—www.cdc.gov/flu/prevent/whoshouldvax.htm



Pneumonia Vaccine

- Pneumococcal disease (pneumonia) is a name for any infection caused by bacteria called *Streptococcus pneumoniae* or *pneumococcus*.
- If you are 65 years of age or older, or 19–64 years of age with certain medical conditions or other risk factors, you should receive a pneumonia vaccine.
- Ask your healthcare provider which pneumonia vaccine is right for you.

CDC. Pneumococcal—www.cdc.gov/vaccines/vpd/pneumo/index.html

Contact your healthcare provider today for more information and to schedule your vaccination.