

Did you know?



Vaccines are the best way to protect yourself and your loved ones from preventable diseases.

Vaccines help your body fight off infection by creating antibodies against certain illnesses. By getting vaccinated, you are protecting yourself and those around you from preventable diseases like the flu, shingles, meningitis, and more. Even if you do contract these illnesses, being vaccinated can lessen their impact on your health, helping you to feel better faster.

RECOMMENDED VACCINE	WHAT IT PREVENTS	DESCRIPTION
Influenza	Flu	The flu is a highly contagious respiratory illness that can affect the nose, throat, and lungs. The best way to prevent the flu is by getting an annual flu shot.
Tdap	Tetanus Diphtheria Pertussis	TETANUS (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including, having trouble swallowing and breathing and even death. DIPHTHERIA (D) can lead to difficulty breathing, heart failure, paralysis, or death. PERTUSSIS (aP), also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. In babies and young children, pertussis can cause pneumonia, convulsions, brain damage, or death.
Zoster	Shingles	Shingles is a painful skin rash that develops on one side of the face or body. It is caused by the same virus that causes chickenpox.
Pneumococcal	Pneumonia Meningitis Bloodstream infections	Pneumococcal bacteria are responsible for a range of illnesses, including pneumonia, meningitis, and bloodstream infections.
Hepatitis B	Acute illness, Chronic infection, Liver failure, cancer or scarring	The Hepatitis B vaccine is a safe and effective series (2–3 doses depending on brand) that provides long-term or lifetime protection by triggering the immune system to produce antibodies against HBV.
Covid-19	Severe disease, hospitalization, and complications associated with SARS-CoV-2	COVID-19 is a contagious respiratory illness caused by the SARS-CoV-2 virus. It most often leads to symptoms similar to a cold, flu, or pneumonia and spreads easily through respiratory droplets and small airborne particles released when an infected person breathes, talks, coughs, or sneezes.

Consult with your healthcare provider to ensure you are up to date on your recommended vaccines. Each vaccination has a specific age range and time period for which they must be completed.