

# Stay Protected

## Don't Wait Until It's Too Late to Vaccinate



### COVID-19 Vaccine

**COVID-19 is a contagious disease that can cause severe illness, hospitalization, and death.**

- People at highest risk of getting and dying from COVID-19 include:
  - Seniors 65 years of age and over.
  - People with chronic medical conditions, such as heart disease, obesity, and diabetes.
- The Centers for Disease Control and Prevention (CDC) recommends a 2025–2026 COVID vaccine for people ages 6 months and older based on individual-based decision-making.

CDC. COVID-19. [www.cdc.gov/covid/vaccines/stay-up-to-date.html](https://www.cdc.gov/covid/vaccines/stay-up-to-date.html)



### Annual Influenza (flu) Vaccine

**Flu is a contagious lung disease that can cause severe illness, hospitalization, and even death.**

- People 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.
- The CDC recommends everyone 6 months and older should get a flu vaccine every year with rare exceptions.

CDC. Influenza. [www.cdc.gov/flu/vaccines/vaccinations.html](https://www.cdc.gov/flu/vaccines/vaccinations.html)



### Respiratory Syncytial Virus (RSV) Vaccine

**RSV is a common lung virus that usually causes mild, cold-like symptoms. However, RSV can be especially serious for infants and older adults.**

- People at higher risk of serious illness and complications from RSV include:
  - Infants and older adults with chronic medical conditions, like heart or lung disease, weakened immune systems.
- The CDC recommends an RSV vaccine for everyone ages 75 and older and adults ages 50–74 at increased risk of severe RSV after talking to their doctor.

CDC. RSV. [www.cdc.gov/rsv/vaccines/index.html](https://www.cdc.gov/rsv/vaccines/index.html)



### Pneumococcal Vaccine

**Pneumococcal disease is a serious bacterial infection caused by *Streptococcus pneumoniae*, or pneumococcus. Pneumococcal disease is common in young children, but older adults are at greatest risk of serious illness and death.**

- People at increased risk of getting Pneumococcal disease include:
  - Adults 50 years or older and children younger than 5 years.
  - People who have certain risk conditions.
- The CDC recommends pneumococcal vaccines (PPSV and/ or PCV) for people at increased risk of getting Pneumococcal disease.

CDC. Pneumococcal. [www.cdc.gov/pneumococcal/vaccines/index.html](https://www.cdc.gov/pneumococcal/vaccines/index.html)  
PPSV = Pneumococcal Polysaccharide Vaccine; PCV = Pneumococcal Conjugate Vaccine

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