

# The Vaccine

## Triple Play



### COVID-19 Vaccine

- CDC recommends that everyone ages six months and older get the updated 2023-2024 COVID-19 vaccine to protect against serious illness.
- COVID-19 vaccines are effective at preventing severe illness, hospitalization, and death; and also reducing your chance of suffering the effects of Long COVID.
- Getting vaccinated is especially important for people at highest risk for severe illness, including:
  - Older Adults
  - People who have certain health conditions or a weakened immune system
  - People who are pregnant
  - People who are residing in congregate living

CDC will continue to update COVID-19 vaccine recommendations as needed.

CDC. <https://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 five 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](http://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](http://www.cdc.gov/vaccines/vpd/pneumo/index.html)

[www.qio.qsource.org](http://www.qio.qsource.org)

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23.QIO.CLIN610.070

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