The Vaccine Triple Play

COVID-19 Bivalent Vaccine

- COVID-19 vaccines are effective at preventing severe illness, hospitalization, and death.
- A "bivalent" vaccine implies a "current" or "2023" vaccine. That is, this vaccine targets the current types, or "strains," of COVID circulating in the community.
- Regardless of age, if you haven't yet had a bivalent, or "current" COVID shot, **one** vaccine is recommended.
    - Those who have never been vaccinated; and
    - Those who have only had a monovalent vaccine.

This guidance will continue to change. But for now, the advice in our long-term care community is simple: If you've not had a bivalent vaccine, go get one. And for now, just one is all you need.

CDC. https://www.cdc.gov/media/releases/2023/s0419-covid-vaccines.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

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