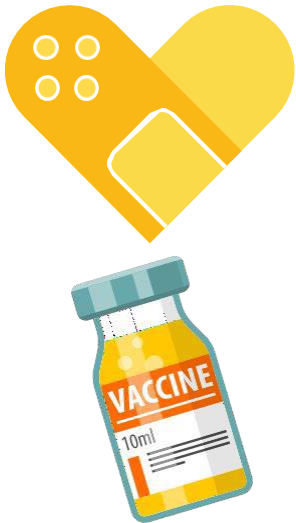


# Vaccines

## For Older Adults



As we get older, our bodies become less effective at protecting us from illnesses. People who are 65 years old and older are at a higher risk of getting very sick from diseases like Flu, COVID-19, pneumonia and others. But there's a way to stay protected: vaccines!

Vaccines provide a safe, effective and easy way to protect older people from preventable diseases that can lead to hospitalization and death. For maximum protection, make sure you stay up to date on your vaccines. Recommended vaccines are based on your age and health history and may be required for your job or travel. If you don't know which vaccines you've had or which ones you still need, ask your provider.

### What Vaccines Do I Need?

Adults 65 years old and older should get the following vaccines:

- ◆ **Flu Vaccine:** You should get this every year, especially in the fall, to reduce the risk of getting the flu. If you're 65 or older, ask your provider about the higher dose flu vaccine.
- ◆ **COVID-19 Vaccine:** This vaccine is updated from time to time to protect against the latest strains of the virus. Everyone 6 months and older is recommended to receive at least 1 dose of the updated COVID-19 vaccine. Adults 65+ are recommended to receive an additional dose of the updated vaccine 6 months after their previous dose (2 month minimum interval). People who were previously vaccinated, should wait at least 2 months before getting the updated COVID-19 vaccine.
- ◆ **Pneumonia Vaccine:** If you are aged 50 and older you should get this vaccine. It will protect you against serious bacterial infections.
- ◆ **Shingles Vaccine:** This two-dose vaccine protects against shingles in older adults, taken two to six months apart for maximum protection. Recommended for adults 50 years and older, even if you've had chickenpox before. Check with your provider if you already received the one-dose Zoster vaccine.
- ◆ **Tdap Vaccine:** One dose of this vaccine protects against tetanus, diphtheria, and whooping cough. You may need a booster every 10 years.
- ◆ **RSV Vaccine:** For people aged 75 and older, one dose protects against the respiratory syncytial virus (RSV). Adults 60-74 years of age and older adults at higher risk of severe RSV disease are recommended to receive a single dose of RSV vaccine. Consult with your provider for more information.



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### How Do I Get Vaccinated?

- ♦ Visit your health care provider or pharmacy.
- ♦ Ask your health care provider if additional doses are recommended for you.
- ♦ If you don't have a provider, go to [ph.lacounty.gov/vaccines](https://ph.lacounty.gov/vaccines) for a list of free and low-cost vaccination clinics and more information about vaccines.
- ♦ Medicare covers most recommended vaccines with no out-of-pocket costs. Contact Medicare or your Medicare Advantage Plan provider to learn more about what is covered by insurance. Information is available at: [medicare.gov/health-drug-plans/health-plans](https://www.medicare.gov/health-drug-plans/health-plans)
- ♦ The best part is you can get most vaccines at the same visit!



### Public Health Call Center

For more information, the Public Health Call Center is open 8 a.m. to 8 p.m. seven days a week at **1-833-540-0473**.

