

What is Vaccination?

Vaccines train your immune system to create antibodies, just as it does when it's exposed to a disease. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often protect you for many years.

Why get vaccinated?

Without vaccines, we are at risk of serious illness and disability from diseases. Many of these diseases can be life-threatening. Vaccination is the most important thing we can do to protect ourselves and our children against ill health. Vaccines prevent up to 3 million deaths worldwide every year. All vaccines are thoroughly tested to make sure they will not harm you or your child.

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The information contained in this brochure has been sourced directly from the centers for disease control and prevention (CDC) website <https://www.cdc.gov/>



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VACCINES

VACCINATION IS A SIMPLE, SAFE, AND EFFECTIVE WAY OF PROTECTING YOU AGAINST HARMFUL DISEASES



What You'll Learn:

- About Vaccination
- COVID 19 (and variants)
- Shingles
- Influenza (flu)
- Pneumococcal

Influenza

OFTEN CALLED 'FLU SHOTS'



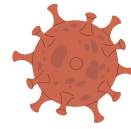
Everyone 6 months and older in the United States should get an influenza (flu) vaccine every season with rare exception.

All flu vaccines for the 2022-2023 season are quadrivalent vaccines, designed to protect against four different flu viruses, including two influenza A viruses and two influenza B viruses.

- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination is an important preventive tool for people with certain chronic health conditions.



COVID-19



Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.

You are protected best when you stay up to date with the recommended vaccinations, including recommended boosters.

- Pfizer-BioNTech
- Moderna
- Novavax
- Johnson & Johnson's Janssen (J&J/Janssen)



* CDC recommends that the J&J/Janssen COVID-19 vaccine only be considered in certain situations, due to safety concerns.

Shingles

Shingles is a painful rash that develops on one side of the face or body. Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus stays in your body for the rest of your life. Years later, the virus may reactivate as shingles.

Vaccines can help lower the risk of shingles. CDC recommends that adults 50 years and older get two doses of the shingles vaccine called Shingrix (recombinant zoster vaccine) to prevent shingles and the complications from the disease.

Pneumococcal

Pronounced (noo-muh-KOK-uhl)

Vaccines help prevent pneumococcal disease, which is any type of illness caused by Streptococcus pneumoniae bacteria. There are two kinds of pneumococcal vaccines available in the United States: Pneumococcal conjugate vaccines (PCV13, PCV15, and PCV20) and Pneumococcal polysaccharide vaccine (PPSV23)