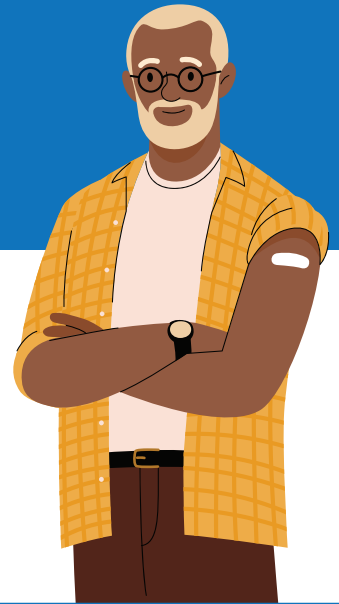


# Vaccines for Older Adults Stay Protected!



As we age, our bodies may not fight off illnesses as well. Adults age 65 or older are at higher risk for getting very sick from diseases like the flu, COVID-19, RSV, and pneumonia.

Vaccines can help! Vaccines are a safe and effective way to protect older adults from diseases that can lead to hospitalization or death. To stay safe, it's important to keep your vaccinations up to date. The vaccines you need depend on your age, health, and possibly your job or travel plans.

## Recommended Vaccines

- **Flu Vaccine:** Get this vaccine every year in the fall. If you are age 65 or older, ask about the enhanced flu vaccine.
- **COVID-19 Vaccine:** Everyone age 6 months or older should get the latest version of this vaccine. Wait at least 2 months after your last COVID-19 vaccine before getting an updated dose.
- **Pneumonia Vaccine:** This vaccine protects against serious bacterial infections. Check with your healthcare professional about when to get it.
- **Shingles Vaccine:** Adults age 50 or older should get 2 doses 2-6 months apart to protect against shingles.
- **Tdap Vaccine:** A one-time dose protects against tetanus, diphtheria, and whooping cough. You may need a booster every 10 years.
- **RSV Vaccine:** One dose protects against respiratory syncytial virus (RSV). This vaccine is recommended for all people age 75 or older and for people age 60-74 at higher risk. Talk to your healthcare professional about what's right for you.

**You may need other vaccines based on your health and lifestyle.** Talk to your healthcare professional to make sure you're fully protected.

## To Get Vaccinated

- Visit your healthcare professional or local pharmacy.
- If you don't have a provider, find information on free or low-cost vaccination clinics at [health.ri.gov/immunization](https://health.ri.gov/immunization)
- Most vaccines are covered by Medicare at no cost to you. Check with Medicare or your Advantage Plan for details at [medicare.gov](https://medicare.gov)

**Need more than one vaccine?** Most vaccines can be given at the same time as others. Talk to your healthcare professional or pharmacist.



For more information, call 401-222-5960 or visit [health.ri.gov/immunization](https://health.ri.gov/immunization)