

Immunizations are available at physician offices, hospitals, pharmacies, and health clinics

take your best shot at avoiding the flu and pneumonia



- Most people only need to get one pneumonia shot in a lifetime • The best way to prevent the flu is to get a flu shot every year •
- Flu and pneumonia shots are free of charge for people with Medicare Part B or a Medicare HMO •

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Ohio's Medicare Quality Improvement Organization
Clinically driven. Client focused. Value based.



Influenza (flu)

The flu is a contagious respiratory illness that affects 5%-20% of the U.S. population each year.* It can cause mild to severe illness, hospitalization, and, at times, lead to death.

SYMPTOMS OF THE FLU

- Fever, usually high
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms such as nausea, vomiting, diarrhea

WHO IS AT RISK?

- Anyone over the age of 50
- Anyone with certain chronic medical conditions
- Residents of nursing homes and long-term care facilities
- Health care workers

BEST TIME TO GET A SHOT

October or November. Flu season usually lasts from October through May, so later in the season is still beneficial.

* The Centers for Disease Control and Prevention.

Pneumonia

Pneumonia is an infection in the lungs caused by bacteria or viruses. Each year, it kills up to 60,000* people in the U.S. Most of these people are over the age of 65.

SYMPTOMS OF PNEUMONIA

- High fever
- Cough with chest pain and mucus
- Shaking chills
- Shortness of breath
- Chest pain that increases with breathing

* National Center for Health Statistics

WHO'S AT RISK?

- Anyone over the age of 65
- Anyone with chronic illnesses such as diabetes as well as heart/lung, sickle cell, or liver disease
- Anyone with a weakened immune system due to illness such as HIV/AIDS, kidney failure, organ transplantation, Hodgkin's disease, or lymphoma

WHEN TO GET VACCINATED

Anytime! Most people need only one shot to protect them for a lifetime. Some people may need a booster shot after five years. Talk to your doctor about what's best for you.