

# SENIOR HEALTH TOPICS: IMMUNIZATIONS

## Protect Your Health!

Protect your health and the health of your loved ones—get vaccinated against flu and pneumonia! This is especially important for seniors, who are at a higher risk for flu and pneumonia-related complications. If you're on Medicare, there's no cost to you!

The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for all people aged 50 and older,<sup>1</sup> and the pneumonia vaccine for all people aged 65 and older.<sup>2</sup>

### Remember the facts:<sup>3</sup>

- Flu shots DON'T cause the flu.
- Flu shots are demonstrated to be safe and effective.
- Flu and pneumonia are leading causes of death, and can be prevented with immunization.
- There is no out-of-pocket cost for immunizations if you're on Medicare.

Get vaccinated against the seasonal flu every flu season (September through March). Most people need the pneumonia vaccine just once in a lifetime.<sup>4</sup> Talk to your doctor today about which immunizations are best for you and your family!

More information about Medicare benefits and Medicare-covered services is available from Ohio KePRO, Ohio's Medicare Quality Improvement Organization, at [www.ohiokepro.com](http://www.ohiokepro.com).



1. CDC. Vaccine Information Statement: *Inactivated Influenza Vaccine 2009-2010*. Updated August 11, 2009.  
2. CDC. Vaccine Information Statement: *Pneumococcal Polysaccharide Vaccine*. Updated October 6, 2009.  
3. CDC. Racial disparities in flu immunization. Available at: [www.cdc.gov](http://www.cdc.gov). Accessed May 11, 2010.  
4. The U.S. Department of Health and Human Services. Preventive Services: *Pneumococcal Shot*. Available at [www.medicare.gov](http://www.medicare.gov). Accessed June 17, 2010.