

**YOU'VE  
GOT THIS.**

**We've got you.**

# Vaccine Facts

## What Vaccines Should I Get?

**Most people should get vaccinated for:**

- **Seasonal Flu (Influenza):** Get in the fall every year.
- **COVID-19:** Everyone five years and older should get the 2023-2024 updated COVID-19 vaccine. People aged 65 years and older should receive 1 additional dose of any updated COVID-19 vaccine at least 4 months after previous updated dose. People who are immunocompromised may need additional doses of the updated COVID-19 vaccine and should speak with a health care professional.

*Check with a healthcare professional to see if there are additional vaccines that are right for you.*

**Most people over age 50 should also get vaccinated for:**

- **Shingles:** Adults age 50 and older should get two doses of the shingles vaccine two to six months apart.
- **Pneumococcal:** Adults age 65 and older should get the pneumococcal vaccine. The number of doses will depend on which pneumococcal vaccines you receive and when. Talk with a health care professional to find out what is best for you.
- **TDAP (Tetanus, Diphtheria and Pertussis) (over age 7):** Get TDAP or TD every ten years after an initial shot.
- **RSV (Respiratory Syncytial Virus):** If you are age 60 or older, talk to your health care provider about whether an RSV vaccine is right for you.



## Are Vaccines Safe?

- Yes. The United States long-standing vaccine safety system ensures that vaccines are as safe as possible.
- For example, hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.

## Do Vaccinations Cause Side Effects?

- Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
- The most common side effects are fever, tiredness, body aches, or redness, swelling and tenderness where the shot was given.
- Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

## QUESTIONS?

If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. **Learn more at [www2.cdc.gov/nip/adultimmsched/](http://www2.cdc.gov/nip/adultimmsched/)**

## Why Should I Get Vaccinated?

- Getting vaccinated is the best way to reduce your risk of getting very sick if you do get these diseases.
- The people most at risk for getting very sick from these diseases are older adults, people with disabilities and people who have compromised immune systems or health conditions like asthma, diabetes or heart and lung disease.

## What is the Cost?

- Typically, vaccines are covered by insurance. Many vaccines are covered under Medicare. If you have questions, contact a health care professional or your local State Health Insurance Assistance Program (SHIP) to learn what vaccines are covered by Medicare.