Managing your health is a lifelong journey that involves prioritizing fitness, eating well, nurturing social connections and attending routine medical check-ups. Staying up to date on recommended vaccinations is a vital part of healthy aging, especially during the holiday season. The Eldercare Locator helps older adults, caregivers and families find local, community resources that can help make getting vaccinated easy.

## Season of Wellness

### A QUICK GUIDE TO Vaccinations For Healthy Aging

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### Recommended Vaccines for Older Adults

<table>
<thead>
<tr>
<th>VACCINE</th>
<th>RECOMMENDATIONS</th>
<th>WHAT IT PREVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Flu</td>
<td>Annual vaccine</td>
<td>Serious complications from the flu</td>
</tr>
<tr>
<td>COVID-19</td>
<td>Everyone age 6 months and older should get an updated vaccine</td>
<td>Serious illness from COVID-19</td>
</tr>
<tr>
<td>RSV</td>
<td>Age 60+, talk to health care provider about whether the vaccine is right for you</td>
<td>Serious illness from RSV (Respiratory Syncytial Virus)</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>Recommended for age 65+, talk to a health care provider about timing and dosage</td>
<td>Serious infections such as pneumonia or blood stream infection</td>
</tr>
<tr>
<td>Shingles</td>
<td>Age 50+ should get 2 doses 2-6 months apart</td>
<td>Shingles and long-term nerve pain</td>
</tr>
</tbody>
</table>

Call, text or video call 1-800-677-1116 or chat at eldercare.acl.gov
You have questions about vaccines. The Eldercare Locator has answers.

“I want more information on vaccines.”

“How do I get vaccinated?”

“What vaccinations do I need?”

“Where can I get the COVID and flu vaccines?”

“I need help getting an in-home vaccine.”

“I need transportation to the local vaccine clinic.”

Just call, text or video call the Eldercare Locator at 1-800-677-1116.

Get in touch with us

For assistance with vaccines or any other concerns, reach out to the Eldercare Locator:

Call, text or video call: 1-800-677-1116

Email: eldercarelocator@USAging.org

Chat: Visit eldercare.acl.gov

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