

## How Vaccines Work

Vaccines contain weakened or inactive parts of an organism (antigens), with newer vaccines containing the blueprint for producing antigens.



Once vaccinated, the body then responds to the antigens by creating specific antibodies, as well as memory cells.

In this way, the body is trained to fight the specific disease-causing organism, building up a memory of the antigen so as to rapidly fight it if or when exposed in the future!

## Boosters Increase Immunity

Seasonal vaccines, like the flu shot, are updated to match prevalent virus strains.

Boosters, for vaccines like Tdap, reinforce immune memory as antibody levels decline over time.



## Vaccines Save Lives and Prevent Illnesses

For more assistance with your vaccine needs, contact your pharmacist or primary care provider.

For more information about vaccines, go online to:

[vaccineinformation.org](http://vaccineinformation.org)

or call

**800-232-4636**

**800-CDC-INFO**

See additional brochures at:

[www.alpharmacycares.org/resources](http://www.alpharmacycares.org/resources)

- Navigating My Medicare and Open Enrollment
- Covered Annual Preventive Services
  - Covered Biennial & Less Often Preventive Services
- Covered Counseling & Education
  - Preventive Services

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## Recommended VACCINES for OLDER ADULTS

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<https://www.alpharmacycares.org/>

# Vaccine Checklist

Bring this tool to your local pharmacist or primary care provider to find out what vaccines are recommended for you!\*

## Influenza (Flu) Vaccine

- 6 months of age and older

## Respiratory Syncytial Virus (RSV) Vaccine

- Age 60 years or older

## COVID-19 Vaccine

- 5 years of age and older

## Pneumococcal Vaccine

- Ages 19 thru 64 with certain medical conditions or risk factors
- Age 65 years or older

## Zoster/Shingles Vaccine

- Age 50 years or older

## Tdap Vaccine

- Previously did not receive Tdap or every 10 years

## Hepatitis B (Hep B) Vaccine

- All age groups



\*For more information, refer to the CDC's Adult Vaccine Assessment Tool: <https://qrco.de/besXBu>



\*For more information, you can also refer to the CDC's Adult Immunization Schedule: <https://qrco.de/besXEx>

## Why are these vaccines important to keep up-to-date?

### Influenza

Flu increases the risk of heart attack by 3-5 times and stroke by 2-3 times in the first 2 weeks of infection for those 65+.

### RSV

Yearly, RSV causes 60,000 – 120,000 older adult hospitalizations in the U.S.

### COVID-19

Adults aged 65+ represent 16% of the U.S., but account for 80% of COVID-19-associated deaths.

### Pneumonia

Pneumococcal meningitis is a life-threatening infectious disease.

### Zoster/Shingles

Older adults are more likely to have longer-lasting and more severe pain.

### Tdap

Tdap vaccine protects against tetanus, diphtheria and pertussis

### Hepatitis B

Hepatitis B puts older adults at risk of developing cirrhosis, liver failure or liver cancer.

## How often do I need to get these vaccines?

*Vaccination each influenza season (September - May)*

*Currently, 1 dose in lifetime*

*People aged 65 years and older who received 1 dose of an updated COVID-19 vaccine should receive 1 additional dose at least 4 months after previous dose*

*Completion of pneumococcal vaccination series, once*

*2-dose series, 2-6 months apart, once in lifetime*

*Vaccination every 10 years*

*Completion of series, once in lifetime, 3 doses given at 0, 1 and 6 months.*