

Guidelines

good health guidelines



FLU/PNEUMONIA VACCINE

Flu Vaccine: Flu season runs from December through April. Since you have a health condition, you are at greater risk for complications if you get the flu. A flu shot minimizes those risks. The best time to get your shot is between early October and mid-November. You should have a flu shot every year. Family members may benefit from being vaccinated as well.

Pneumonia Vaccine: All adults age 65 or older need to be vaccinated. Anyone between the ages of two and 64 who has a chronic illness, except asthma, is at increased risk for pneumonia and should be vaccinated once.

Some adults may benefit from re-vaccination. Check with your doctor to make sure your vaccine is up-to-date.

Children younger than 24 months should receive a pneumonia vaccine specific for their age. Check with your doctor to make sure your child's vaccinations are up-to-date.

Centers for Disease Control &
Prevention recommendations.
www.cdc.gov/mmwr

Please take and discuss this information during your next doctor's appointment.

Complete the requested information located to the right and keep at home for your records.

Also, have this important information available if you have a scheduled phone call with one of our nurses.

Please check all that are complete.

Flu Vaccine Date _____

Pneumonia Vaccine Date _____