

# Getting the Flu and Pneumococcal Vaccines this Year is More Important Than Ever!

## Why Take the Vaccine?

- By getting vaccinated, you will protect yourself, loved ones, and your community from flu and pneumonia
- They can keep you from getting sick with the flu and pneumonia
- They are important preventive tools for people with chronic health conditions
- They will help reduce the severity of illness if you still get sick with the flu or pneumonia

## The Facts

- Flu and pneumonia vaccines cannot cause you to get sick with the flu and pneumonia
- Flu and pneumonia vaccines will not make you more susceptible to COVID-19 or other respiratory infections
- You need to get the flu vaccine EVERY year
- It takes up to two weeks to build up your immunity to protect you from the flu
- As long as the flu is circulating it is not too late to get the flu vaccine
- You can receive both the flu and pneumonia vaccine at the same time
- If you just received the flu or pneumonia vaccine, you do not have to wait 14 days to receive the COVID-19 vaccine and vice versa. Talk with your doctor
- All adults age 65 years or older should get the pneumococcal polysaccharide vaccine (PPSV23)
  - First, you should receive the pneumococcal conjugate vaccine (PCV13)
  - Then one year later receive the pneumococcal polysaccharide vaccine (PPSV23) for full protection

## Simple Strategies for Resident Flu and Pneumococcal Vaccines



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