

# 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
- Vaccines can keep you from getting sick with the flu and pneumonia
- Vaccines are important preventive tools for people with chronic health conditions
- Vaccines 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
- For those who have never received any pneumococcal conjugate vaccine, the CDC recommends PCV15 or PCV20 for adults 65 years or older
  - If PCV15 is used, it should be followed by a dose of PPSV23
  - Adults who received an earlier pneumococcal conjugate vaccine (PCV13 or PCV7) should talk with a vaccine provider to learn about available options to complete their pneumococcal vaccine series

# Simple Strategies for Resident Flu and Pneumococcal Vaccines

