

Fill in the blanks and  
take to your next  
doctor appointment.

### ASK YOUR DOCTOR:

- ☐ What vaccinations do you recommend for me, and why?
- ☐ What else should I do to protect myself from the flu and pneumonia?
- ☐ I have the following questions about getting vaccinated:

---

---

---

**Don't take a chance.**

Take the time to get your flu and pneumonia vaccinations, so you can have plenty of time for the things - and people - you love.



# Protect the Ones You Love



# DON'T LET THE FLU OR PNEUMONIA KEEP YOU FROM DOING WHAT YOU LOVE.

## GET VACCINATED TODAY!

**Why are flu and pneumonia vaccinations so vitally important for men and women 65 and older?**

\*They can prevent you - and your family members - from getting sick.

\*They reduce the likelihood of hospitalization with flu - related complications, including pneumonia, bronchitis, sinus infections and more.

\*They're a simple, low-cost (or even no-cost) way to protect yourself and your family.



## 3 MYTHS ABOUT THE FLU VACCINE

**MYTH:** You can get the flu from the flu shot.

**FACT:** You might feel some minor side effects, but because vaccines contain inactivated or weakened flu viruses, they can't make a healthy person sick.

**MYTH:** The flu shot doesn't always work, so there's no point in getting one.

**FACT:** While the flu shot doesn't guarantee that you won't get the flu, it greatly reduces the likelihood AND reduces the duration and the severity of the illness.

**MYTH:** The flu is no big deal- it's just like a bad cold.

**FACT:** The flu is a serious respiratory illness, far worse than a cold, and can lead to serious complications - including hospitalization or death.



If you are over 65 and suffer from any of the following, the flu and pneumonia can cause serious complications.

## DIABETES

The flu can cause a dangerous increase in blood glucose levels, and individuals with diabetes are already at a higher risk of hospitalization or death from pneumococcal pneumonia.

## CARDIAC DISEASE

Individuals with heart disease are six times more likely to suffer a heart attack within a week of being diagnosed with the flu.

## COPD

If you're already struggling to breathe, the flu makes COPD symptoms worse.