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:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

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

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**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.

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**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.

This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy.