

SENIOR HEALTH ALERT

ARE YOU PROTECTED?



SHINGLES—CAUSES A PAINFUL BLISTERING RASH.

VACCINATE!

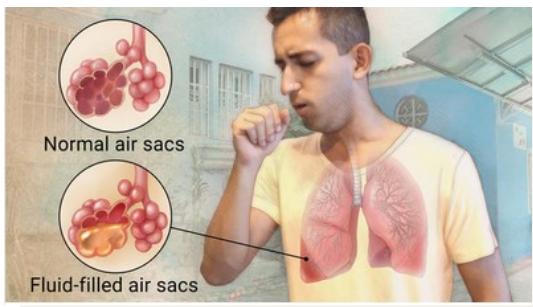
FLU CAN BE VERY SERIOUS, EVEN DEADLY.

VACCINATE!



PNEUMONIA (PNEUMOCOCCAL) IF YOU ARE 65 OR OLDER YOU ARE AT A GREATER RISK FOR GETTING PNEUMONIA.

VACCINATE!



WHOOPING COUGH CAN BE SERIOUS, EVEN DEADLY. PROTECT YOURSELF AND YOUR GRANDCHILDREN.

VACCINATE!



ASK YOUR DOCTOR OR PHARMACIST TO DETERMINE YOUR VACCINE NEEDS. MEDICARE MAY PAY.

PROTECT YOUR HEALTH AT YOUR ANNUAL APPOINTMENT



Provided by: Contra Costa County Advisory Council on Aging

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