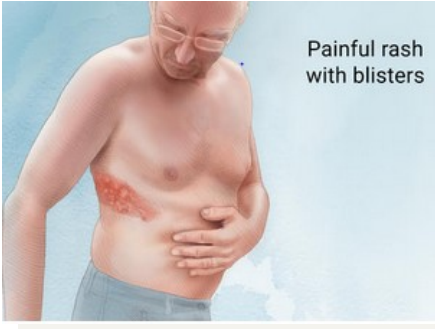


# SENIOR HEALTH ALERT

# ARE YOU PROTECTED?



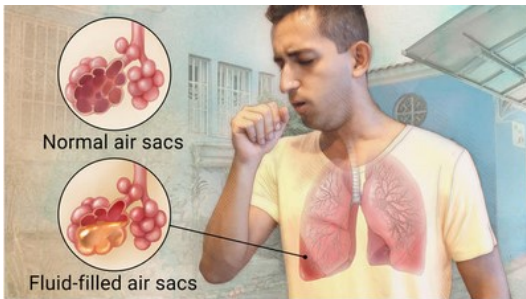
Painful rash  
with blisters

**SHINGLES**—CAUSES A PAINFUL BLISTERING RASH.  
**VACCINATE!**

**FLU** CAN BE VERY SERIOUS, EVEN DEADLY.  
**VACCINATE!**



Fever and muscle aches

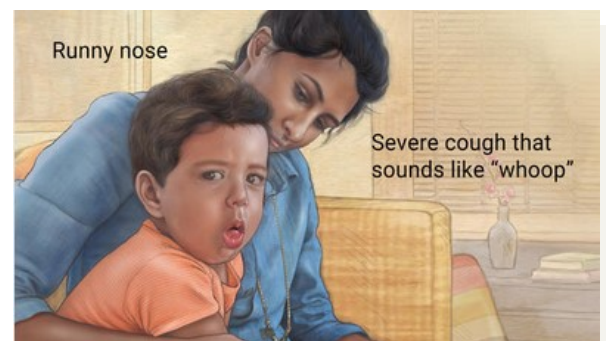


Normal air sacs

Fluid-filled air sacs

**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!**



Runny nose

Severe cough that  
sounds like "whoop"

**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

Contra Costa County Information & Assistance: (925) 229-8434 x 4