Reasons to Get the FLU SHOT

1. **The flu is highly contagious and can be dangerous**. Even for those who are healthy and active.

2. **The flu shot is safe! You can't get the flu from the shot.** The flu vaccine helps your body produce antibodies that protect you from the flu.

3. **Your shot may be FREE!** Both **Medicare** and **TRICARE** (Military) pays for the flu shot. For more information about Medicare benefits, call 1-800-633-4227 or visit www.medicare.gov. For more information about TRICARE benefits, call 1-800-444-5445 or visit www.TRICARE.mil.

4. **You can get the flu shot any time during flu season (typically October-March).**

5. **Finding a flu shot provider is simple and easy!** To find a clinic in your local area, call **1-800-277-4687** or visit the SC DHEC Flu Clinic Finder online at **www.scdhec.gov/flu/clinics.asp**.

6. **Your doctor recommends preventing the flu.** Get a flu shot every flu season to stay healthy.

protect *yourself*.
protect *your family*.
prevent the flu.

www.scdhec.gov/flu
1-800-868-0404

How do I prevent Pneumonia?

Pneumonia can be prevented by getting the Pneumonia (Pneumococcal) shot, washing your hands regularly and covering your cough. The most effective way is to get the Pneumonia shot.

Who should get the Pneumonia shot?

- Adults age 65 or older.
- Anyone who has a weakened immune system.
- Anyone who has a chronic health condition such as diabetes, heart disease, asthma, kidney disease or cancer.

When and How often should i get the Pneumonia shot?

Unlike the flu shot, most people only need one to two Pneumonia shots in their lifetime. It is suggested that anyone 65 or older get a Pneumonia shot even if they received one earlier in life.

The Pneumonia shot can be given any time of year, so ask your doctor if you need a Pneumonia shot.

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