

Protect Your Body... Your Temple

GET YOUR FLU AND PNEUMONIA SHOTS

African-Americans are less likely to get the shots they need.

- A flu shot should be taken every year
- A pneumonia shot should be taken one time after the age of 65

Those at high risk should especially get their shots:

- Elderly
- Diabetic
- Heart disease
- Long term or chronic illness

Medicare Part B pays for flu and pneumonia shots.

Check with your local health department or health care provider

PROTECT YOURSELF AND YOUR LOVED ONES... WITH SHOTS



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