

Spread Holiday Cheer. Not the Flu.

It's estimated that between 80 and 90% of seasonal flu-related deaths have occurred in people 65 years and older.

As you prepare for holiday gatherings, get vaccinated for flu to protect yourself, your friends, and your loved ones from flu and its complications, such as deadly cases of pneumonia.



While you're at the doctor or the pharmacy, ask about other vaccines covered by Medicare, including: pneumococcal, shingles, and Tdap (which covers both tetanus and whooping cough). These vaccines are vital for your health—and the health of those around you.

Get Vaccinated This Year and Every Year.

Visit www.nanasp.org/vaccines for more information