Build your immunity.
Support your community.
The Aging and Disability Vaccination Collaborative, powered by USAging, has partnered with community providers in your area to make getting your shots easy. Get access to services such as:

• Free local clinics
• Transportation to and from the clinics
• In-home vaccinations
• Onsite consultations from a healthcare expert

Protect yourself and your loved ones. Add the COVID-19 and flu vaccines to your list and we’ll help you check it off.

Visit YouGotThis.usaging.org to find vaccine providers in your area.
Why Should I Get Vaccinated?

• Getting vaccinated every year is the best way to reduce your risk of getting the flu (influenza) and COVID-19.
• Vaccines reduce your risk of getting very sick if you do get the flu or COVID-19.
• The people most at risk for getting very sick from these diseases are over age 65, have a disability or have health conditions like asthma, diabetes or heart and lung disease.

Are Vaccines Safe?

• Hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.
• Vaccines do not cause diseases.

When Should I Get Vaccinated?

• Flu vaccine: Get every year by the end of October or as soon after.
• COVID-19 vaccine: If you have not gotten a COVID-19 vaccine since last fall, you can get one now. If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.
Do Vaccinations Cause Side Effects?
• Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
• The most common side effects are fever, tiredness, body aches, or redness, swelling and tenderness where the shot was given.
• Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

What is the Cost?
• Vaccines are covered by insurance. Not insured? We can help.

QUESTIONS?
If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. Learn more at www2.cdc.gov/nip/adultimmsched/