

Stay Protected: Vaccine Facts for Older Adults



Vaccines are safe, effective, and one of the best ways to protect yourself from serious illness as you age.* Use this guide to see which vaccines are commonly recommended by the Centers for Disease Control and Prevention (CDC) for adults 65 and older.

○ Influenza (Flu)

The flu can cause fever, chills, sore throat, stuffy nose, and muscle aches. It spreads easily and can lead to serious complications like pneumonia in older adults. The flu vaccine is updated each year and should be received annually.¹

○ COVID-19

COVID-19 often causes fever, cough, and shortness of breath. Older adults are at higher risk for developing severe complications, including hospitalization or death.¹ Adults aged 65 and older should stay up to date with the CDC's COVID-19 vaccination recommendations.

○ Respiratory Syncytial Virus (RSV)

RSV can mimic the common cold but is much more serious for older adults and those with weakened immune systems. RSV can lead to hospitalization and become life-threatening. Adults aged 75 and older, and adults aged 60 to 74 who are at increased risk for severe RSV, should receive a single dose of the vaccine.² Your healthcare provider will consider your risk factors for getting seriously sick from RSV when helping you decide whether to get the vaccine.

Vaccines can provide the following benefits:

- ✓ You're less likely to get sick
- ✓ If you do get sick, you're less likely to get seriously ill
- ✓ You're less likely to be hospitalized

○ Pneumococcal Disease (Pneumonia)

Pneumococcus is an airborne bacterium that often causes pneumonia in the lungs. It can also cause other infections, including pink eye, sinus infections, ear infections, and even severe brain and bloodstream infections.³ Most adults aged 50 and older only need one dose of this vaccine — which lasts the rest of your life.¹

○ Shingles

Shingles is caused by the same virus as chickenpox. If you've had chickenpox, the virus remains in your body and can reactivate later in life as shingles.¹ Adults aged 50 and older should get two doses of the shingles vaccine (Shingrix), given two to six months apart.³



Before traveling, especially to a foreign country, talk with your primary care provider about any vaccines you may need.

○ Tetanus, Diphtheria, and Pertussis (Tdap or Td)

The Tdap vaccination offers older adults protection against three serious illnesses: tetanus, diphtheria, and pertussis (whooping cough). These illnesses can be serious and, in some cases, highly contagious. Most people receive the Tdap vaccine as children, but booster shots are needed to maintain protection. Any older adult who didn't get the Tdap vaccination as an adolescent should get one dose of the vaccine. After that initial dose, a Tdap or Td booster is recommended every 10 years.¹ Under certain circumstances, you might need a booster dose sooner if you have a specific type of wound.

Talk with Your Healthcare Provider About Vaccines



If you are unsure about what immunizations you need, talk with your healthcare provider to find out what's right for you. Vaccines are covered at 100% under the Compass Rose Health Plan when visiting a network provider or pharmacy.

Visit compassrosebenefits.com/vaccines to find out more about recommended vaccines and when to get them.

**Vaccines, like any medication, may cause side effects. Talk with a trusted healthcare provider to weigh the benefits and decide what's right for you.*

¹ National Institute on Aging. <https://www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults>

² Centers for Disease Control and Prevention. <https://www.cdc.gov/rsv/vaccines/older-adults.html>

³ Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/24231-pneumococcal-disease>

⁴ Centers for Disease Control and Prevention. <https://www.cdc.gov/shingles/vaccines/index.html>