

STAY GOLDEN *in your Golden Years:* GET VACCINATED



Flu (Influenza virus)

Flu can be dangerous for older adults. CDC estimates older adults 65+ account for 70-85% of flu-related deaths and over half of flu-related hospitalizations.

Get **1 dose each year**: the flu vaccine is updated to include the virus strains predicted to be most common during the upcoming flu season.

COVID-19

Had COVID before? You're better protected with an **up-to-date vaccine**.

The COVID vaccine is **updated yearly**, like the flu vaccine, to match the COVID-19 variants currently circulating.

People aged **65+ are eligible for a second yearly dose** 6 months after the first.

Shingles (Varicella-Zoster virus)

The virus that causes chicken pox, Varicella-Zoster, can lie dormant in nerve cells and reactivate decades later, causing Shingles, an **extremely painful, blistering rash** that can lead to **long term nerve pain**.

Adults aged **50+** should receive the 2-dose series of Shingrix over 2-6 months.

Even if you've had Shingles before or had the previous Shingles vaccine, Zostavax, consider getting the more effective Shingrix for additional protection.

Pneumococcal

Sometimes called the "**Pneumonia vaccine**", this vaccine protects against several strains of **Pneumococcus bacteria**.

These bacteria can cause **serious infections like pneumonia, meningitis, and sepsis** as well as milder illnesses like ear and sinus infections, often leading to **hospitalization**.

1-2 vaccine doses recommended for everyone age **50+**.

Tdap (Tetanus/Diphtheria/Pertussis)

Tdap vaccine protects against three serious **bacterial infections** that older adults are at increased risk for:

- **tetanus**: aka lockjaw, affecting muscles and nerves
- **diphtheria**: serious throat/respiratory infection
- **pertussis**: aka whooping cough

Adults should get **one Tdap dose every 10 years**. Boostrix is the preferred Tdap vaccine for adults 65+.

RSV (Respiratory Syncytial Virus)

RSV is a **respiratory virus** that can be dangerous for older adults.

One dose is recommended for **everyone 75+**, or people aged **50-74 with certain risk factors**.

This vaccine first became available in 2023, and clinical data suggests effectiveness for at least 2 years, but the need for boosters may be re-evaluated in the future.



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Have more Questions?
Contact us to talk
with a scientist today!

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