



Adult immunization. It's your best shot!



National Adult Immunization Awareness Week

The pneumococcal shot. Get it and forget it!

The pneumococcal shot is one shot that can help to protect you from getting a serious infection in your lungs, blood and brain. Older adults are at high risk for complications from both the flu and pneumococcal disease after they have been sick with the flu. The best way to protect yourself is to have both shots. You can get your pneumococcal shot at the same time as your flu shot.

