

# LET'S TALK ABOUT VACCINES!

## ARE YOU 65 OR OVER?\*

\*Age recommendations for vaccination of older adults may vary per country. Check with your pharmacist.



### » DID YOU KNOW THAT...

- The immune system weakens as we age, reducing our body's ability to fight infection, no matter how fit we may be?
- Older adults struggle to recover from illnesses more than younger people do?
- Influenza is a major cause of lower respiratory infection and hospitalisations in older adults, and flu complications can include pneumonia, heart attack or stroke, and worsening of existing diseases like diabetes or heart disease?
- Nearly one in four older adults hospitalised with influenza experience functional decline?

### » THE FOLLOWING VACCINES PROTECT YOU FROM THESE DISEASES AND OTHER COMPLICATIONS, AND OFFER YOU IMPROVED QUALITY OF LIFE:



INFLUENZA



HERPES ZOSTER (SHINGLES)



COVID-19



ROUTINE BOOSTER:



PNEUMOCOCCAL



TETANUS, DIPHTHERIA AND PERTUSSIS (Tdap)



### » THINK ABOUT THE FOLLOWING QUESTIONS:



Do I know which vaccines I can get to protect me from preventable diseases and help me have a better quality of life?



When was the last time I received my vaccines?



Do I need to be vaccinated again if I already got vaccinated last year?



What can I gain from getting vaccinated?



How can a vaccine prevent my condition from worsening?



Do I have any concerns about the safety or the efficacy of vaccines?

**ASK YOUR PHARMACIST FOR ADVICE ABOUT VACCINES!**

For more information and supporting references, check the FIP vaccination microsite: [www.fip.org/letstalkaboutvaccines](http://www.fip.org/letstalkaboutvaccines)

