

START YOUR NEW

Season of Wellness

**A QUICK
GUIDE TO
Vaccinations
For Healthy
Aging**

Managing your health is a lifelong journey that involves prioritizing fitness, eating well, nurturing social connections and attending routine medical check-ups. Staying up to date on recommended vaccinations is a vital part of healthy aging, especially during the holiday season. The **Eldercare Locator** helps older adults, caregivers and families find local, community resources that can help make getting vaccinated easy.

Recommended Vaccines for Older Adults

VACCINE	RECOMMENDATIONS	WHAT IT PREVENTS
Seasonal Flu	Annual vaccine	Serious complications from the flu
COVID-19	Everyone age 6 months and older should get an updated vaccine	Serious illness from COVID-19
RSV	Age 60+, talk to health care provider about whether the vaccine is right for you	Serious illness from RSV (Respiratory Syncytial Virus)
Pneumococcal	Recommended for age 65+, talk to a health care provider about timing and dosage	Serious infections such as pneumonia or blood stream infection
Shingles	Age 50+ should get 2 doses 2-6 months apart	Shingles and long-term nerve pain

Call, text or video call 1-800-677-1116 or chat at eldercare.acl.gov



You have questions about vaccines. The Eldercare Locator has answers.

“I want more information on vaccines.”

“How do I get vaccinated?”

“What vaccinations do I need?”

“Where can I get the COVID and flu vaccines?”


“I need help getting an in-home vaccine.”


“I need transportation to the local vaccine clinic.”

Just call, text or video call the Eldercare
Locator at **1-800-677-1116**.

Get in touch with us

For assistance with vaccines or any other
concerns, reach out to the Eldercare Locator:

 **Call, text or video call:**
1-800-677-1116

 **Email:**
eldercarelocator@USAging.org

 **Chat:**
Visit eldercare.acl.gov



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