

## STAY SAFE. STAY UP TO DATE.



Protect your health and people you love, Vaccines are safe, effective, save millions of lives and are the best defense against many infectious diseases. If you are 65+ or have a compromised immune system, you may be more vulnerable to certain diseases, so get vaccinated today.



**The best time to get  
vaccinated is now!**

## Flu

The flu vaccine is very important for older adults and people with chronic health conditions. Please get your seasonal flu (influenza) vaccine by the end of October or soon after

## COVID-19

If you have not gotten a COVID-19 vaccine since last fall, you can get one now. If you are over age 65 or are immunocompromised you may want an extra shot about 4 months after getting your last one.

**Get your FREE Flu and COVID-19 vaccination today!**

**Call AgeOptions at:  
708-383-0258**

**Visit our website at:  
[www.ageoptions.org/covid](http://www.ageoptions.org/covid)**