

# Reasons to Get the FLU SHOT

1. **The flu is highly contagious and can be dangerous.** Even for those who are healthy and active.
2. **The flu shot is safe! You can't get the flu from the shot.** The flu vaccine helps your body produce antibodies that protect you from the flu.
3. **Your shot may be FREE!** Both **Medicare** and **TRICARE** (Military) pays for the flu shot. For more information about Medicare benefits, call 1-800-633-4227 or visit [www.medicare.gov](http://www.medicare.gov). For more information about TRICARE benefits, call 1-800-444-5445 or visit [www.TRICARE.mil](http://www.TRICARE.mil).
4. **You can get the flu shot any time during flu season (typically October-March).**
5. **Finding a flu shot provider is simple and easy!** To find a clinic in your local area, call **1-800-277-4687** or visit the SC DHEC Flu Clinic Finder online at [www.scdhec.gov/flu/clinics.asp](http://www.scdhec.gov/flu/clinics.asp).
6. **Your doctor recommends preventing the flu.** Get a flu shot every flu season to stay healthy.

protect *yourself.*  
protect *your family.*

**prevent the flu.**

[www.scdhec.gov/flu](http://www.scdhec.gov/flu)  
1-800-868-0404

## How do I prevent Pneumonia?

Pneumonia can be prevented by getting the Pneumonia (Pneumococcal) shot, washing your hands regularly and covering your cough. The most effective way is to get the Pneumonia shot.

## Who should get the Pneumonia shot?

- Adults age 65 or older.
- Anyone who has a weakened immune system.
- Anyone who has a chronic health condition such as diabetes, heart disease, asthma, kidney disease or cancer.

## When and How often should i get the Pneumonia shot?

Unlike the flu shot, most people only need one to two Pneumonia shots in their lifetime. It is suggested that anyone 65 or older get a Pneumonia shot even if they received one earlier in life.

The Pneumonia shot can be given any time of year, so ask your doctor if you need a Pneumonia shot.

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South Carolina Department of Health  
and Environmental Control

*South Carolina Coalition for Older Adult*  
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