

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](https://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](mailto:eldercarelocator@USAging.org)

 **Chat:**  
Visit [eldercare.acl.gov](https://eldercare.acl.gov)



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