Stay healthy and protect yourself, family members, and your elders by getting vaccinated!

- Vaccines are recommended for all adults but are especially important for those with chronic health conditions (like heart disease, diabetes, lung disease, etc.).

- These conditions can increase your risk of serious complications from certain vaccine-preventable diseases, such as COVID-19.

All adults are recommended to receive COVID-19, flu, and Tdap (tetanus, diphtheria, pertussis)/Td (tetanus, diphtheria) vaccines. You may need other vaccines depending on your health condition and other factors.*

- Flu can increase the risk of another heart attack or stroke.
- Some vaccine-preventable diseases can raise blood sugar to dangerously high levels.
- Pertussis (whooping cough) can cause difficulty breathing.

Vaccine Affordability
Most insurance plans cover recommended vaccines. Also check the following:

- Federally Qualified Health Centers: njpca.org/locate-center/
- Local health departments: nj.gov/health/lh/community/index.shtml#1

* Talk to your health care provider to see what other vaccines you may need.

Scan the code or visit: www2.cdc.gov/nip/adultimmsched/

Centers for Disease Control and Prevention: cdc.gov/vaccines/adults/rec-vac/index.html#conditions
New Jersey Department of Health: nj.gov/health/cd/vpdp.shtml
Indian Health Service: ihs.gov/forpatients

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