Protect Your Health

While you're checking off your to-do list, make sure it includes completing routine vaccinations and wellness visits.

DID YOU KNOW?

Getting caught up on recommended vaccinations is one of the best and safest ways to protect yourself from a variety of diseases.

- By the Numbers -

200+

Number of years vaccines have helped us stay healthy![1] Vaccines have reduced and eliminated many infectious diseases throughout the years and are critical in keeping us healthy.

14

Number of diseases adults are protected from when they get their recommended vaccinations on time.[2] Vaccine-preventable diseases can cause long-term illness, hospitalization and even death.

40,000+

Number of adults who die each year in the United States from diseases that vaccines can help prevent.[3] Being protected by vaccines reduces your chances of getting and spreading diseases like hepatitis B and pneumococcal pneumonia.

Talk to your doctor!

If you've put off seeing your health care provider, now's the time to get back on track and schedule a routine checkup. Besides talking to your doctor about any health concerns, they can also let you know which vaccines are right for you. While it's recommended that you get your flu shot every year, your doctor may recommend other vaccines based on your age or health condition. These may include:

- Hepatitis B
- COVID-19
- Shingles
- Hepatitis A
- Pneumococcal

For more information, including the recommended vaccines for each age group, visit

floridablue.com/answers/staying-healthy-and-well/vaccines.

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