

Are You Up to Date?

If you are 65 or older, you need:

- ✓ **Flu shot** every year
- ✓ **Pneumococcal** shot - one pneumonia shot given at age 65 or more, lasts a lifetime.
- ✓ **Tetanus-Diphtheria** shot every 10 years

Some people also need these:
(ask your doctor if you need them)

- ✓ Hepatitis B
- ✓ Measles-Mumps-Rubella (MMR)
- ✓ Varicella (chickenpox)



Match the columns to get more information on avoiding the flu!

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| 1. ___ Best months to get the flu shot. | A. Influenza (flu), pneumococcal, Hepatitis B, and others if medically needed. |
| 2. ___ What to do after coughing or sneezing. | B. Throw used tissue away, and wash hands with soap and water. |
| 3. ___ If you don't have a tissue when you cough or sneeze... | C. Cough or sneeze into your upper sleeve, not your hands! |
| 4. ___ How long should you wash your hands? | D. 1-800-SAFE-NET (1-800-723-3638). |
| 5. ___ Medicare pays for these immunizations. | E. 15-20 seconds. Long enough to sing Happy Birthday twice! |
| 6. ___ The peak of the flu season most years. | F. October or November – but even later months can still help prevent the flu. |
| 7. ___ Call this number for more information on flu shots in Oregon. | G. February. |

Answers: 1. F, 2. B, 3.C, 4. E, 5. A, 6. G, 7. D