



**YOU'VE
GOT THIS.**
We've got you.

Vaccine Facts

What Vaccines Should I Get?

Most people should get vaccinated for:

- **Seasonal Flu (Influenza):** Get by the end of October or soon after.
- **COVID-19:** Everyone aged 5 years and older should get 1 updated COVID-19 vaccine, at least two months after getting the last dose of any COVID-19 vaccine. People who are immunocompromised may get additional doses of updated COVID-19 vaccines and should talk to a healthcare professional about additional updated doses.

Check with a healthcare professional to see if there are additional vaccines that are right for you.

Most people over age 50 should also get vaccinated for:

- **Shingles:** Get 2 doses within 2 to 6 months.
- **Pneumonia (over age 65):** Get 1-2 doses one year apart depending on your age and whether you have already had 1 dose. Talk with a trusted healthcare professional to find out what is best for you.
- **TDAP (Tetanus, Diphtheria and Pertussis) (over age 7):** Get TDAP or TD every ten years after an initial shot.
- **RSV (Respiratory Syncytial Virus) (over age 60):** Talk to your healthcare provider about getting a single dose of the RSV vaccine.



Are Vaccines Safe?

- The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible.
- For example, hundreds of millions of Americans have safely received seasonal flu and COVID-19 vaccines.

Do Vaccinations Cause Side Effects?

- Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.
- The most common side effects are fever, tiredness, body aches, or redness, swelling and tenderness where the shot was given.
- Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.

Why Should I Get Vaccinated?

- Getting vaccinated is the best way to reduce your risk of getting these diseases.
- Vaccines reduce your risk of getting very sick if you do get these diseases.
- The people most at risk for getting very sick from these diseases are people over age 65, people with disabilities and people who have compromised immune systems or health conditions like asthma, diabetes or heart and lung disease.

What is the Cost?

- Vaccines are covered by insurance. Not insured? We can help.

Contact Disability Rights Texas for help getting your vaccines:
1-800-880-8401, Sign Language Video Phone: 1-866-362-2851 or vaccine@DRTx.org

QUESTIONS?

If you are not sure, talk with a trusted healthcare professional to find out which vaccines are recommended for you. [Learn more at tinyurl.com/CDCVaccineTool](https://tinyurl.com/CDCVaccineTool)



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