



NC DEPARTMENT OF **INSURANCE** SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

August is National Immunization Awareness Month!

Vaccines are one of the safest and most effective ways to protect yourself, your family, and your community from serious illnesses. As we age, our immune systems naturally become weaker, making older adults more vulnerable to diseases that can lead to hospitalization or other health complications.

Medicare covers several important vaccines, including:

- **Flu (Influenza) Vaccine** – Recommended annually to help protect against seasonal flu.
- **COVID-19 Vaccine** – Helps reduce the risk of severe illness and hospitalization.
- **Pneumococcal Vaccine** – Protects against pneumonia and other serious infections caused by pneumococcal bacteria.
- **Shingles Vaccine** – Helps prevent shingles and its painful complications.
- **Tdap/Td Vaccine** – Protects against tetanus, diphtheria, and whooping cough.

Talk with your doctor or pharmacist about which vaccines are right for you and whether you are due for any updates. Staying current on recommended vaccinations can help you remain healthy, active, and independent.

If you have questions about Medicare coverage for vaccines or need help understanding your benefits, contact the Seniors' Health Insurance Information Program (SHIIP) at **855-408-1212** or visit the North Carolina Department of Insurance's Medicare and SHIIP webpage for more information.

Protect your health—make immunizations part of your healthy aging plan!