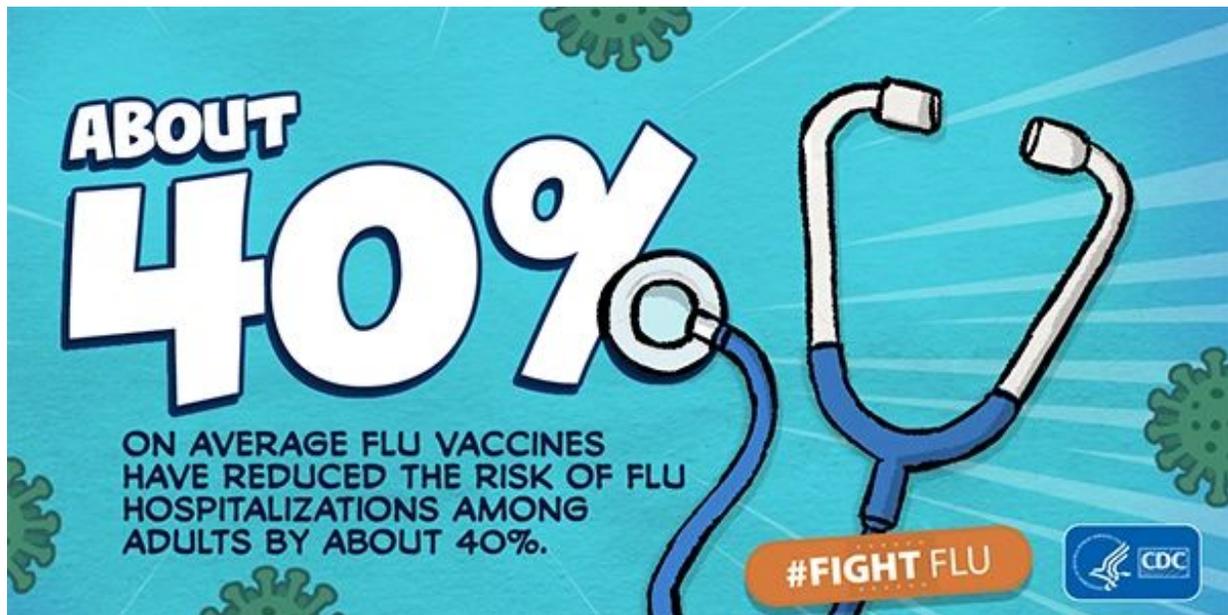


Flu season is upon us - have you received your flu vaccine? Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



What's the difference between flu vaccines and pneumonia vaccines? The Centers for Disease Control (CDC) recommends yearly flu vaccines for anyone over 6 months of age. CDC recommends two pneumococcal vaccines for adults 65 years or older.

- Get a dose of the pneumococcal conjugate vaccine (PCV13) first. Then get a dose of the pneumococcal polysaccharide vaccine (PPSV23) at least 1 year later.
- If you've already received PPSV23, get PCV13 at least 1 year after receipt of the most recent PPSV23 dose.
- If you've already received a dose of PCV13 at a younger age, CDC does not recommend another dose.



Community Educator
Families for Patient Safety
CampaignZERO.org

Schedule a FREE presentation for your group!

As a Community Educator for CampaignZERO I offer a FREE presentation with tips and tools to keep you and your loved ones safe while in the hospital. I am passionate about patient safety and would love to share this knowledge with your organization! Contact me today to schedule!

[Find Out More](#)

What is a Professional Patient Advocate?

A health or patient advocate is a consultant who advocates for you or your loved one while navigating the healthcare system. Do you need someone to help you prepare for a surgery and hospital stay, and then advocate for you with the hospital healthcare team? Are you overwhelmed caring for a sick loved one and need help...but don't even know exactly what kind of help you need? Do you have a stack of confusing medical bills and need someone to review, organize and look for possible errors? A professional patient advocate can bring you peace of mind in each of these scenarios.



Williams
Patient
Advocacy, LLC

[Find Out More](#)

Come see me at the upcoming Star Veterans Expo on Friday, October 18th from 10am to 2pm at the Veterans of Foreign War Building in Rosenberg!

281-909-7560 www.WilliamsAdvocacy.com

[Unsubscribe](#)