

Helping Your Immune System Prepare

Your immune system does an incredible job protecting you every day. Vaccines help prepare it to recognize certain illnesses before you're exposed, giving your body a head start if it encounters them in the future.



4 WAYS VACCINES HELP PROTECT YOU AND THOSE YOU LOVE

1 PREPARE YOUR IMMUNE SYSTEM



Vaccines teach your immune system how to recognize and fight certain viruses or bacteria **before** you are exposed to them. This preparation can help prevent serious illness.

2 PROTECTION CHANGES THROUGHOUT LIFE

Different stages of life may mean different vaccine recommendations.



Babies



Children



Adults



Older Adults



Pregnancy



Travel

3 PROTECTION EXTENDS BEYOND YOU

Vaccines help protect the people who matter most.

- ♥ Newborns and infants
- ♥ Older family members
- ♥ People with weakened immune systems
- ♥ Loved ones around you



4 LET'S MAKE A PLAN TOGETHER



There isn't one vaccine schedule that fits everyone. Your age, medical history, lifestyle, occupation, travel, and personal preferences all matter. We'll decide **together** which vaccines make the most sense for you.

COMMON ADULT VACCINES



INFLUENZA (FLU)



COVID-19



TETANUS (Td/Tdap)



SHINGLES



PNEUMONIA



RSV

Not everyone needs every vaccine. Recommendations are based on your age, health history, and personal risk factors. 

QUESTIONS FOR KAREN

- ? Which vaccines are recommended for me based on my age and health?
- ? Am I due for any booster vaccines?
- ? Are there vaccines I should consider before traveling or because of my medical conditions?



VACCINE TAKEAWAY



LEARN.



DISCUSS.



DECIDE.



PROTECT.

Small steps today build a healthier, safer tomorrow.



KAREN'S CORNER

Vaccination is one of many tools we use to help prevent illness. My role isn't simply to recommend vaccines—it's to help you understand which ones may benefit you based on your age, health, lifestyle, and personal risk. Every conversation is individualized, and **together** we'll make a plan that feels right for you.



We're here to help you and your family stay healthy—today and for years to come. 

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