



# COVID-19 Vaccination

Learn more about other ways to protect your health and the health of your loved ones!

## IMMUNIZATIONS: A LIFELONG, LIFE-PROTECTING JOB

Did you know there are other vaccines adults should receive? Older adults, and adults with certain health conditions, are at an increased risk for some vaccine-preventable diseases. Talk to your healthcare provider about which additional vaccines you may need to stay healthy.

Visit [www.cdc.gov/vaccines/adults/rec-vac/index.html](http://www.cdc.gov/vaccines/adults/rec-vac/index.html) for more information.

Ask a healthcare provider about the following vaccines:

- Seasonal Flu
- Pneumococcal Pneumonia
- Shingles
- Tetanus (Td/Tdap)

## SERVICE AND SUPPORT OPPORTUNITIES FOR OLDER ADULTS AND CAREGIVERS:

MassOptions connects older adults, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs. Many resources are available locally.

Trained specialists from MassOptions give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can even stay on the line while they connect you with an appropriate community resource or organization.

You can speak to a specialist at MassOptions (available in multiple languages), Monday - Friday from 9:00 AM to 5:00 PM.

Call toll-free at 1-800-243-4636, or visit their website at [www.MassOptions.org](http://www.MassOptions.org).

## SUPPORT FOR THOSE LIVING WITH DEMENTIA AND THEIR CAREGIVERS:

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Receive help in your preferred language through their bilingual staff or translation service, which accommodates more than 200 languages.

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year.