

Your Fall Vaccine Visit: What to Expect and How to Prepare

CVEEP
Fighting Infectious
Respiratory Disease

1 Why Fall Vaccination Matters

During respiratory season, recommended vaccines are especially important, particularly among individuals aged 50 and older, to protect against serious illness caused by respiratory diseases such as flu, COVID-19, pneumococcal disease, and RSV.

Getting vaccinated this fall is one of the simplest ways to stay healthy and protect the people around you.

2 Where to Get Your Vaccines: Health Care Provider's Office or Pharmacy

Both your health care provider's office and pharmacies are safe, reliable places to get your vaccines.

Why choose a health care provider's office?

- **Medical support is available** if you have chronic health conditions or need more in-depth guidance.
- **Your provider offers comprehensive care** and understanding of your vaccination history and needs.

Why choose a pharmacy?

- **Appointments may not be needed** as many pharmacies offer walk-in vaccinations. However, call your pharmacy ahead of time to ensure availability.
- **Extended hours** provide evening and weekend availability, making it easier to fit an appointment into your schedule.
- **Multiple locations** are available, as pharmacies are often conveniently located near homes, workplaces, and schools. You can easily locate a convenient pharmacy or health center through the [CVEEP Vaccine Locator Tool](#). Enter your ZIP code to see locations near you offering respiratory vaccines.

3 Before Your Visit: What to Bring and Prepare

A little preparation before your vaccination appointment can go a long way in ensuring a quick and stress-free experience. Whether you're visiting your doctor or a local pharmacy, here are a few things to bring with you:

- **A form of identification**, such as a driver's license or passport.
- **An insurance card**, if you have one, as most respiratory vaccines are covered by insurance.
- **Your vaccination records**, so providers can check which vaccines you've already received and what you may be due for.
- **A list of your medications and allergies** is also important to bring and share with your provider to help ensure a safe vaccination.



Plan Ahead

- ✓ **Wear loose clothing** for easy access to your upper arm.
- ✓ **Check your eligibility** for specific vaccines (for example, vaccine recommendations may vary by age, health status, or vaccination history).
- ✓ **Confirm** the hours, location, and potential appointment requirements of where you plan to get vaccinated.

4 Questions to Ask During Your Visit

Fall vaccine appointments are a great opportunity to ask questions about vaccines and the steps you can take to stay healthy.

Not sure what to ask? Here are some potential questions to start the conversation:

1. **How do these vaccines work?**
2. **How long do I need to wait after being sick to receive a vaccine?**
3. **What are the common side effects, and how can I minimize discomfort after I get the vaccine?**
4. **How long do these vaccines protect me for?**
5. **Are there any other vaccines you recommend I get?**
6. **What other steps can I take to prevent myself from getting sick this fall?**

By staying up-to-date on your respiratory vaccines this season, you can help protect yourself, your loved ones, and your community against severe illness.

Learn more at cveep.org/vaccines-protect

For more information, visit
CVEEP.org/Vaccines-Protect