

# Vaccine Checklist for Adults 50 and Older

Your vaccine needs change as you age. Take a few minutes to check whether you're up to date with recommended vaccines.

## Why Vaccines Matter

As you age, changes in your body can make it harder to fight off infections. Adults ages 50 and older are also more likely to have health conditions that increase the risk of severe illness. These can include chronic heart or lung disease, diabetes, or obesity.

Staying up to date with recommended vaccines can help protect you from severe illness and hospital stays — keeping you active and healthy. Use the checklist below for some next steps on how to stay protected.

### Start With a Vaccine Check-In

You do not need to wait until you're sick to talk about vaccination. At your next healthcare appointment or pharmacy visit, be sure to ask:

- ☐ Which vaccines are currently recommended for me?
- ☐ Am I missing any vaccines or doses?
- ☐ Do my health conditions (such as heart or lung conditions, diabetes, or others) or medications affect which vaccines I should receive or when?
- ☐ Does my insurance cover the vaccine(s) I need?\*

\*Most private and public health insurance plans cover respiratory vaccines at no cost to you.

**For COVID-19 Vaccines:** COVID-19 vaccines are broadly covered at no-cost to the individual. Private insurance plans, Medicare, TRICARE, and Medicaid cover COVID-19 vaccines at no-cost but check with your plan if you have questions about how or where to get your COVID-19 vaccine.

### Ask About Common Vaccines for Adults 50 and Older

If you are 50 and older, ask your healthcare provider or pharmacist about any of the following vaccines and what is recommended for you:

- ☐ Respiratory Syncytial Virus (RSV)
- ☐ Pneumococcal Disease
- ☐ Flu
- ☐ COVID-19
- ☐ Shingles
- ☐ Td/Tdap

*This is not a complete list. The vaccines recommended for you can depend on your age, health conditions, vaccination history, and other factors.*

### Leave With a Vaccination Plan

Before you leave your health care or pharmacy visit, make sure you know:

- ☐ Which vaccines are recommended for you
- ☐ Which vaccines you received today
- ☐ If, and when, you need another dose
- ☐ Whether you need to schedule your next appointment
- ☐ Where to find your vaccination record
- ☐ Who to contact if you have questions

**CVEEP Vaccine Locator Tool** 

Ready to get vaccinated? Vaccines are available at many healthcare provider offices, pharmacies, community health centers, and other local clinics. Your local and state health departments may also offer vaccines. Use [CVEEP's Vaccine Locator tool](#) to find vaccination locations near you and get up to date state-specific information.