

# Vaccines

## For People With Chronic Diseases



People living with chronic diseases, such as diabetes, asthma and COPD, may have more difficulty protecting themselves against preventable diseases. When ill, people with chronic diseases are at higher risk for hospitalization and death. Some vaccine-preventable diseases can raise your blood sugar to very high levels or cause airways to swell, leading to pneumonia.

Vaccinations are a safe, effective and easy way to protect yourself against preventable diseases and are especially important for people with chronic diseases. However, depending on how affected your immune system is, you may need to avoid certain vaccines or wait until your immune system is stronger.

Ask your health care provider which vaccines you should get.

### Which Vaccines Do I Need?

Talk to your health care provider to learn what vaccines are recommended for you and your family members. Here's a few of the most common ones:

- ◆ **Flu Vaccine:** You should get this every year, especially in the fall, to reduce the risk of getting the flu. If you're 65 or older, ask your provider about the higher dose flu vaccine.
- ◆ **COVID-19 Vaccine:** This vaccine is updated from time to time to protect against the latest strains of the virus. Everyone 6 months and older is recommended to receive at least 1 dose of the updated COVID-19 vaccine.
- ◆ **Pneumonia Vaccine:** Protects against several types of pneumococcal bacteria that can cause serious infections in children and adults. The 4-dose childhood series is recommended before age 5. For older children and adults, take as advised.
- ◆ **Shingles Vaccine:** This two-dose vaccine protects against shingles in older adults, taken two to six months apart for maximum protection. Recommended for adults 50 years old and older, even if you've had chickenpox before. Check with your provider if you already received the one-dose Zoster vaccine.



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- ◆ **Tdap Vaccine:** One dose of this vaccine protects against tetanus, diphtheria and whooping cough. You may need a booster every 10 years.
- ◆ **RSV Vaccine:** For people aged 60 and older, one dose protects against the respiratory syncytial virus (RSV). Consult with your provider for more information.
- ◆ **Hepatitis B Vaccine:** It's a two or three dose series recommended for everyone, those 60 years old or older should consult with their provider about getting this vaccine.

### How Do I Get Vaccinated?

- ◆ Visit your health care provider or pharmacy.
- ◆ Ask your health care provider if additional doses are recommended for you.
- ◆ If you don't have a provider, go to <http://publichealth.lacounty.gov/vaccines> for a list of free and low-cost vaccination clinics and more information about vaccines.
- ◆ The best part is you can get most vaccines at the same visit!



### Public Health Call Center

For more information, the Public Health Call Center is open 8 a.m. to 8 p.m. seven days a week at **1-833-540-0473**.

