



There are several vaccines that should be seriously considered. Talk to **Carl Willeford, Jr., MSN, FNP-C**, to determine which ones are best for you at this time. If you have children, be sure to visit with Mr. Willeford regarding a regular schedule of childhood vaccines necessary both for safety and to meet certain school requirements and regulations.

Vaccine Basics

Vaccines play an important role in keeping us healthy. They protect us from serious and sometimes deadly diseases — like *haemophilus influenzae* type b (Hib) and measles. (Source: <https://www.vaccines.gov/basics/index.html>)

Flu (Influenza)

Every year, millions of people get the flu. The good news is that the seasonal flu vaccine can lower the risk of getting the flu by about half. Getting the yearly **flu vaccine** is the best way to protect yourself from the flu.

Why is the flu vaccine important?

Most people who get the flu have a mild illness. But for some, it can be serious — and even deadly. Serious complications from the flu are more likely in babies and young children, pregnant women, older adults, and people with certain long-term health conditions — like diabetes or asthma.

Getting vaccinated every year is the best way to lower your chances of getting the flu. Flu vaccines can't cause the flu. Keep in mind that getting the flu vaccine also protects the people around you. So when you and your family get vaccinated, you help keep yourselves *and* your community healthy.

This is especially important if you spend time with people who are at risk for serious illness from the flu — like young children or older adults.

(Source: <https://www.vaccines.gov/diseases/flu/index.html>)

Pneumonia

Vaccines help prevent [pneumococcal disease](#), which is any type of infection caused by *Streptococcus pneumoniae* bacteria. There are two kinds of pneumococcal vaccines available in the United States:

- Pneumococcal conjugate vaccine
- Pneumococcal polysaccharide vaccine

CDC recommends pneumococcal conjugate vaccine for all children younger than 2 years old, all adults 65 years or older, and people 2 through 64 years old with certain medical conditions. CDC recommends pneumococcal polysaccharide vaccine for all adults 65 years or older, people 2 through 64 years old with certain medical conditions, and adults 19 through 64 years old who smoke cigarettes.

(Source: <https://www.cdc.gov/vaccines/vpd/pneumo/index.html>)