

Do you have a chronic health condition? Get vaccinated to stay healthy!

Chronic health conditions put you at risk

If you are 19-64 and have a health condition below, you're more at risk of severe infection.

Vaccines are very important to stay healthy!

- Diabetes
- Asthma or other lung conditions
- Kidney or heart disease
- Weakened immune system

Recommended vaccines

- Influenza (flu)
Needed every year
- Tetanus or Tdap
Needed every 10 years
- Pneumococcal
Needed once. Also for people who smoke.
- Hepatitis B
For people with diabetes or other risk (ask your doctor)

Where to get vaccines

- If you are insured or have a Forward card, call your provider
- If you have Medicare, call your provider or pharmacy
- If you have no insurance, call Public Health for free vaccines



(608) 266-4821

www.publichealthmdc.com