

## What You Should Know About Vaccines

(NAPS)—Sometimes, what you don't know can hurt you. Consider this: Small-pox vaccines were used as far back as the Revolutionary War. This serious disease, which has killed more people than all the wars combined, has been wiped from the Earth by vaccines. It's a shame that recently the safety of vaccines has been questioned. It's time people focused on the facts.

Vaccines have long been one of the safest medical treatments. No credible study has proven otherwise. Just like other medicines, vaccines are approved by the FDA. By and large, the rewards

## Vaccines



They are  
Important!



**For your health's sake, give vaccination a shot.**

of prevention are worth the small risk of any vaccine's side effects.

Another fact is that vaccines for mature Americans can save lives. When seniors get pneumonia shots, they could lengthen their life expectancy by FOUR years. Flu shots will also protect seniors from a debilitating illness with life-threatening consequences. Vaccinations are generally affordable and they are SAFE.

### What To Do

If you have questions about a vaccine, talk to your doctors. They can explain the safety of vaccines and their importance to your health. There are three easy steps you can take to get protected:

1. Find out which vaccines you need. You can go to the RetireSafe website, [www.retiresafe.org](http://www.retiresafe.org), and click on the vaccine icon on the left side of the home page. It will take you to a Centers for Disease Control and Prevention site that will ask you questions about you and your life. It will then give you a list of vaccines you may need.

2. Discuss the vaccines on the list with your doctor or health care professional.

3. Get the recommended vaccinations.

That's it...that's all you have to do to be healthier and possibly add years to your life.