

The Importance of Immunizations

Protect yourself and your loved ones

Every year, millions of people come down with seasonal flu (influenza), shingles (herpes zoster) or other illnesses that can be prevented with a simple vaccine.

Vaccines allow your immune system to produce antibodies so your body is ready if you're exposed to the illnesses they're intended to prevent. Of course, vaccines aren't a guarantee you won't get sick, but they can't *make* you sick, either. Some people experience minor side effects, but they usually don't last long.

Medical Mutual wants to help you protect yourself and your loved ones by giving you plenty of options for where you can go. All across Ohio, we have partnered with pharmacies, grocery stores and other commercial retailers to make sure you have access to the vaccines you need each year.

Where to go

In addition to your primary care physician (PCP), you can visit one of these convenient locations to get your vaccinations for the flu, shingles and other illnesses:

- CVS
- Discount Drug Mart
- Falcon Health Center
- Giant Eagle
- Marc's
- Meijer
- Rite Aid
- Sam's Club/Walmart

Vaccines available at pharmacies

Pharmacists in Ohio can provide all vaccines recommended by the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices (ACIP) to the following individuals:

- All individuals ages 13 and older, without a prescription for the vaccine
- All individuals ages 7 through 12, with a prescription for the vaccine (pharmacists can provide flu vaccines for anyone over age 7 without a prescription)

Vaccines typically available at pharmacies include those for hepatitis A and B, human papillomavirus (HPV), influenza (flu), shingles (herpes zoster), pneumococcal disease (e.g., pneumonia, middle ear infection, sinus infection) and more.

Please note: Not all pharmacies stock all vaccines. Most will have flu and pneumonia, but may not have other vaccines in stock and will need to order them. Medical Mutual recommends that members call to check availability and to schedule an appointment to get their vaccinations.

For more information about vaccines and the diseases they prevent, as well as recommended immunization schedules for children and adults, visit the Centers for Disease Control and Prevention (CDC) website at cdc.gov/vaccines.