

GERMS AND VIRUSES ARE LURKING



BlueResourceSM – Protecting Your Health – Getting Your Immunizations

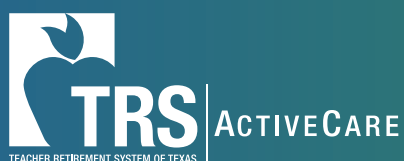
Protect yourself and others from spreadable diseases. A quick prick in the arm may help you stay healthy. Talk with your doctor about which vaccines are right for you based on your age, health status and lifestyle. Common vaccines include:

- flu
- pneumonia
- tetanus
- shingles
- human papillomavirus (HPV)
- measles, mumps, rubella
- COVID-19



Stay up to date on your shots.

Source: Vaccines for Adults: Which Do You Need? Mayo Clinic. 2019.



BlueCross BlueShield of Texas