

Vaccination & Community Health | Information & FAQs

Taking Community Health Into Our Own Hands

To take care of others, we must start by taking care of ourselves



Healthy Behaviors¹

Ways to help prevent chronic diseases

- Eat healthy
- Stay active
- Don't smoke
- Limit drinking alcohol



Preventative Care²

Working with health care providers to stay on top of your health

- Have regular medical and dental checkups
- Get screened to help prevent chronic diseases or catch them early
- Stay up to date with recommended vaccinations for your age group
- Know your family health history

Lists of behaviors and preventative care tips are examples and not comprehensive

How Vaccinations Can Help Protect People from Certain Diseases

Staying up-to-date with vaccinations is an important step people in the community can take to help protect themselves

Here's why:



Vaccines help train our immune system to recognize and help fight against future encounters with disease-causing virus or bacteria³



Vaccination is one of the best ways to help protect yourself against vaccine-preventable disease³



Some viruses, like SARS-CoV-2, the virus that causes COVID-19, continue to evolve and change. COVID-19 vaccines **have been periodically updated in response to the virus evolution**³

mRNA

Can mRNA vaccines change my DNA?

No. mRNA vaccines do not change or interact with your DNA in any way.

Talk to your healthcare provider or pharmacist if you have additional questions about mRNA vaccines.

Can mRNA COVID-19 vaccines make you sick with COVID-19?

No. mRNA COVID-19 vaccines do not contain live SARS-CoV-2, the virus that causes COVID-19. These vaccines cannot give you COVID-19.

Instead, they train your immune system to recognize and help fight the virus that causes COVID-19. This helps protect your body against COVID-19. Talk to your healthcare provider or pharmacist if you have additional questions about COVID-19 vaccines.

References: 1. Accessed September 16, 2025. <https://www.cdc.gov/chronic-disease/prevention/index.html> 2. Accessed September 16, 2025. <https://www.cdc.gov/chronic-disease/prevention/preventive-care.html> 3. Accessed September 16, 2025. <https://www.cdc.gov/vaccines/basics/explaining-how-vaccines-work.html>

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Respiratory Syncytial Virus (RSV)

What is RSV?

RSV (respiratory syncytial virus) is a highly contagious respiratory virus. While RSV is a common respiratory virus that usually causes mild, cold-like symptoms, RSV can cause severe illness in some people.

Infants and older adults (including those with certain medical conditions like asthma or heart disease) have a higher risk of becoming very sick with RSV.

Who should get an RSV vaccine?

The CDC recommends people who are 75 years and older and adults 50–74 years old with certain medical conditions to talk with their doctor about getting an RSV vaccine.

The CDC also recommends babies to be protected from RSV by one of the immunization prevention options available.

Talk to your OB-GYN or pediatrician to learn more. Talk to your healthcare provider if you have questions about if you are eligible to get an RSV vaccine.

Can you get RSV from the RSV vaccine?

No. You can't get RSV from getting vaccinated for RSV. RSV vaccines don't contain live virus.

Pneumococcal Pneumonia

What is Pneumococcal Pneumonia?

Simply put, it's a potentially serious bacterial lung disease. The symptoms can hit without warning and can take you out of your routine for weeks. It could even put you in the hospital.

What can make someone at risk for Pneumococcal Pneumonia?

Adults 50 years and older are at increased risk for pneumococcal pneumonia. The immune system weakens due to aging, making it harder to fight off infections like pneumococcal pneumonia. Even if you're healthy.

Adults living with certain chronic health conditions are also at higher risk, even those as young as 19. This includes those who are taking medicines that suppress the immune system. For example, some medicines that treat psoriatic arthritis, rheumatoid arthritis, Crohn's disease, or ulcerative colitis, among others.

Can you get Pneumococcal Pneumonia from getting vaccinated?

You can't get pneumococcal pneumonia from getting vaccinated. This is because pneumococcal vaccines don't contain live bacteria.

Do you need a Pneumococcal Pneumonia vaccine annually?

No, you don't need pneumococcal vaccination every year. Talk to your healthcare provider about your medical history and if pneumococcal vaccination is right for you.

Other

Can I get two vaccines at the same time?

Eligible people may be able to receive more than one vaccine during the same visit if they are due and if no known contraindications exist at the time of the healthcare visit.¹ Talk to your healthcare provider or pharmacist about the risks and benefits of getting more than one vaccine in one visit.

What are the best ways to help protect yourself against respiratory diseases?

One important step you can take to help protect yourself against certain respiratory diseases is staying up to date on recommended vaccinations for which you are eligible.

There are also other things you can do to help protect yourself like washing your hands frequently, practicing social distancing, wearing a mask in public and indoor spaces, improving ventilation and spending time outdoors, and avoiding contact with people who have suspected or confirmed respiratory illnesses.

It also helps to stay on top of the latest information from your trusted healthcare provider about topics that are ever-evolving, like vaccination recommendations.

References: 1. Accessed September 12, 2025. <https://www.cdc.gov/vaccines/hcp/imz-best-practices/index.html>