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*Thank you for helping the SC Immunization Coalition spread awareness of the importance of immunizations through these bookmarks!*

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**Quality Improvement Organizations**  
Sharing Knowledge. Improving Health Care.  
CENTERS FOR MEDICARE & MEDICAID SERVICES

**Protect Yourself.  
Protect Your Family.**

**Prevent the Flu and Pneumonia.**  
The flu and pneumonia can be very dangerous and even deadly for people 50 years of age and older. Get your flu and pneumonia shot from your doctor or health care provider. Remember that Medicare Part B pays for the shots. For more information, visit [www.scdhec.gov](http://www.scdhec.gov).

**Protect Yourself Against Shingles**

If you have had the chicken pox, you are at risk of developing the shingles, a painful rash that can have long lasting effects. The shingles vaccine reduces your risk of getting the disease, and it is covered by Medicare. Talk with your health care professional today about getting a prescription for the shingles vaccine. For more information, visit [www.cdc.gov/shingles](http://www.cdc.gov/shingles)

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