

Grandparents...

Protect your loved ones against flu and whooping cough



Why It Matters

Flu and whooping cough are easily spread and can cause serious illness. You can easily infect your loved ones, even before you feel sick.

Protect Yourself

Your immune system is not what it used to be. Flu and whooping cough can lead to pneumonia (fluid in the lungs) and other complications. Get vaccinated to avoid hospitalization and time away from your family.

Protect Your Grandkids

Flu and whooping cough can be very serious for kids. Babies are especially vulnerable since they are too young to be fully vaccinated. Many end up in hospitals each year due to flu and whooping cough, and some die.

Questions?

Visit www.doh.wa.gov/Immunization, call the Washington State Office of Immunization at 1-866-397-0337, or email oiicp@doh.wa.gov.

Grandparents Need:

- **Flu vaccine.** Get one dose of flu vaccine every year to protect against flu.
- **Tdap (tetanus, diphtheria, pertussis) vaccine.** Get one dose of Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough).

Make sure **everyone** in your family is **fully** vaccinated!



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Adapted from California Department of Health Services, Immunization Branch materials. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.