



HEALTHY YOU. HEALTHY SAVINGS.

# Immunize or your health care costs could rise



Vaccines prevent many diseases that could have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

- Learn about vaccines you and your children need from [cdc.gov/vaccines](https://www.cdc.gov/vaccines).
- Find if and which vaccines are covered benefits of your health plan.
- Contact your local health department about its vaccine services.

- Find out about free or low-cost vaccines for kids from the Vaccines for Children (VFC) Program at [cdc.gov/vaccines/programs/vfc/index.html](https://www.cdc.gov/vaccines/programs/vfc/index.html).
- Beginning in early fall, read local papers and store ads to find out where flu shots will be given. Find out if and when flu shots will be given at work.