VACCINATION RECOMMENDATIONS FOR PEOPLE OVER 50

The Centers for Disease Control and Prevention recommends Zoster, a shingles vaccine, for people over 60-years-old. Shingles is a skin rash that is caused by a virus -- and anyone who had chicken pox can get the disease. The vaccine is relatively new and will lower your risk of getting shingles.

Another recommendation is an annual flu shot. Anyone over 50 should update his or her influenza immunization every year.

People over 65 should also get one dose of pneumococcal to protect them from pneumonia.