

Adult Vaccination



What Is Vaccination?

Vaccination is a way you can help prevent illness and protect yourself from disease. It is usually given in the form of a vaccine (a needle, or “shot”) by a licensed healthcare professional such as a doctor, nurse, or pharmacist.

Vaccines, such as the flu and pneumonia vaccines, are recommended for adults based on age and health condition. See the following page for a full list of vaccines recommended for adults ages 19 years and older in the United States.



Reasons to Get Vaccinated

1) Stay Healthy

- You don't have time to get sick. As an adult, you have many responsibilities and things you like to do. Some illnesses can last for weeks to months. Getting sick may prevent you from doing what you enjoy doing and what you need to get done like going to work, taking care of kids, or other daily activities. It can also cause you to be hospitalized.
- As we get older we become more at risk for certain diseases (like shingles). Getting vaccinated as an adult can help prevent you from getting sick.
- Our immunity can change over time, meaning if you were vaccinated as a child, you may no longer be protected as you get older. This is especially true for adults older than age 50.
 - Even if you received a vaccination as a child, you might need to receive it again as an adult.
 - There may be some vaccines available now that weren't available when you were a child (such as chickenpox).
- Some diseases can change over time.
 - For example, the type of flu that spreads can change from year to year.
 - This is why it is recommended that you get a flu shot every year.
- Protect your health. Vaccine-preventable diseases can lead to serious illness, and in some cases, even death.



2) Save Money

- Treating illness can be very expensive. If you get sick, the cost of healthcare can be much greater than the cost of getting vaccinated.
 - The cost of vaccines varies depending on your health insurance plan, but in some cases, they may be free.

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3) Protect Your Children, Grandchildren, and Grandparents

- Children, especially babies, have immune systems that are not as strong as adults. Older adults usually have weaker immune systems too.
 - This makes them more at risk for getting sick.
 - By getting vaccinated, you can help prevent them from getting sick.
- Prevent yourself from getting sick so that you can live a long and healthy life and enjoy time with your children, grandchildren, and grandparents.



4) Protect Your Community

- By getting vaccinated yourself, you will be helping to stop the spread of disease and protect others in your community and beyond.



Which Vaccines Should You Get?

The following vaccines are recommended for adults ages 19 and older in the United States. Talk to your healthcare professional about which vaccines are recommended for you based on your age and any health conditions you may have.

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|--------------|------------------------------|--------------------------------|
| • Flu | • Meningitis | • Chickenpox |
| • Shingles | • Measles | • Hepatitis A |
| • Tetanus | • Mumps | • Hepatitis B |
| • Diphtheria | • Rubella | • Haemophilus Influenzae (Hib) |
| • Pertussis | • Human papillomavirus (HPV) | |
| • Pneumonia | | |

Notes:

For More Information

- **American College of Physicians:** www.acponline.org/patient_ed/prevention
- **Centers for Disease Control and Prevention:** <https://www.cdc.gov/vaccines/index.html>
- **Immunization Action Coalition:** <http://www.vaccineinformation.org/>