



Adult Vaccinations – What's the Scoop?

You need vaccines throughout your adult life and this is why:

- **You may be at risk for serious diseases that are still common in the U.S.**
 - Even if you received all your vaccines as a child, the protection can wear off over time. You may be at risk for these and other diseases due to your age, job, lifestyle, travel, or health condition. Vaccines prevent potential illness, hospitalization and death.
- **You can't afford to risk getting sick.**
- **You can protect your health & the health of others by getting the recommended vaccines.**
 - Vaccines lower your chance of getting sick.
 - Vaccines lower your chance of spreading certain diseases.
 - Vaccines are one of the safest ways to protect your health.

What Vaccines Do You Need?

All adults should get:

- Flu vaccine every year
- Td/Tdap to protect against tetanus, diphtheria and pertussis (whooping cough).



Based on your age, health conditions, vaccines you received as a child, and other factors, you may also need:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Take this list to your doctor or pharmacist to determine which of these you need and plan a schedule for getting them done.

Community Immunity



Unvaccinated adults, siblings, family, friends & others you meet daily, may unintentionally spread disease that can make young infants and children very sick.

Using good health practices regularly & staying up to date on the recommended vaccines helps protect our children & our community.

Talk to your pediatrician about your child's recommended immunization schedule. They will answer your questions or concerns regarding vaccinations.