

Immunizations Aren't Just For Kids!

Did you know more than 50,000 American adults die due to diseases that could be prevented through immunization each year?



WHEN SHOULD YOU RECEIVE VACCINATIONS?

Pregnant Women

- Tdap - during each pregnancy (others caring for a baby may need Tdap, too)
- Flu - protects mom and baby up to age 6 months

Seniors

- Pneumococcal (lung and blood infections) - 2 shots at age 65 or older
- Zoster (shingles) - at age 50 and older

Other Shots (if missed as a child or have risk factors)

- HepA and HepB
- HPV (human papillomavirus)
- MMR (measles, mumps, rubella)
- Meningococcal
- Travel Vaccines (illnesses like typhoid)
- Varicella (chickenpox)

Everyone

- Flu - yearly
- Tdap (tetanus/lockjaw, diphtheria, and whooping cough) - once as an adult, then Td every 10 years.

Infants and Children

- The diseases that vaccines prevent can be dangerous, or even deadly especially in infants and young children. Vaccination is one of the best ways parents can protect their children from diseases. To learn more about childhood immunizations, talk to your child's doctor.

WHY GET SHOTS?

- Stay healthy.
- Prevent hospital stays.
- Avoid missed work or school.
- Protect those around you like your family, friends, babies, cancer patients, and the elderly.

FLU SHOT FACTS!

- The shot won't give you the flu! It is a deactivated virus.
- Everyone 6 months of age or older should get a flu vaccine every season.
- A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.
 - Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace.
 - The CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

