

# A Healthier You

## Adult Booster Shots



## What Vaccines do **YOU** need?

### Did you know that immunizations aren't just for kids?

The shots we get as children can weaken or wear off over time. That's why it's important to get another "booster" shot as an adult. Even after we reach adulthood, our bodies need to be protected from diseases. Getting and maintaining protection against vaccine-preventable diseases is important for your health and for the health of your family.

### Adults need important shots (vaccinations) just like kids do.

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Next time you get a checkup, talk with your doctor or healthcare provider about getting these important shots. Are you protected against any or all of these diseases?

**Seasonal influenza (flu)** -- In general, anyone who is 6 months or older can benefit from the protection of a flu shot. Since flu viruses can change from year-to-year, flu vaccination is needed every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.

### **Tetanus, diphtheria and pertussis (Tdap)** --

Tdap vaccine prevents three diseases: tetanus (known in the past as "lockjaw"), diphtheria and pertussis ("whooping cough"). Experts recommend one booster dose for adults up through 64 years old. Adults 65 years and older are recommended to receive this shot if they will have close contact with infants and have not received it before.

**Shingles** -- If you are age 60 or older, you may need a shot to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months or years.

**Pneumococcal disease** -- This vaccine is important for adults 65 years and older and adults with specific health conditions. Most people will only need to get the shot once. The symptoms of pneumococcal pneumonia include fever, cough, shortness of breath and chest pain. It can be fatal. Pneumonia is an infection of the lungs that is usually caused by bacteria or viruses.



**Human papillomavirus (HPV)** -- HPV is a common virus that is spread through sexual contact. Most of the time HPV has no symptoms so people do not know they have it. The HPV vaccine, for women 26 years and younger, works by preventing the most common types of HPV that cause cervical cancer and genital warts. It is given as a 3-dose vaccine.

**Meningitis** -- The Meningitis vaccine is important for youth 11-18 years of age, first year college students living in a dormitory, some international travelers, and people with certain medical conditions as they are at higher risk for Meningitis. Is a very serious and sometimes deadly bacterial disease. This vaccine protects against meningitis and blood stream infections.

**Other vaccinations** -- Depending on your personal risk factors, you may need other vaccinations to protect you from hepatitis A, hepatitis B, chickenpox (varicella), and measles, mumps and rubella.

Vaccinations are important for all those that you love. Encourage other adults in your family to check with their doctors for immunizations they may need to help protect against vaccine-preventable diseases. Childhood vaccinations will not protect you for the rest of your life, but keeping up on your adult boosters can help you and your family on your way to a healthy lifestyle.



**Download an Adult Immunization Scheduler Tool** --

It can sometimes be difficult to understand or keep track of exactly which vaccines you need. To make it easier, visit the Centers for Disease Control and Prevention at:

[www.cdc.gov/vaccines/recs/Scheduler/AdultScheduler.htm](http://www.cdc.gov/vaccines/recs/Scheduler/AdultScheduler.htm) where you can download a free helpful Adult Immunization Scheduler tool.

Here you can create a customized printout of vaccines you need. Just bring this printout to review with your healthcare provider. You may also request email updates and receive an alert when the adult recommended vaccination schedule changes. (The updates are incorporated into the tool!)

For further questions regarding adult booster shots or vaccine preventable diseases, call your local health department or contact the Centers for Disease Control and Prevention at 1-800-CDC-INFO.



(Source: [Centers for Disease Control and Prevention](http://www.cdc.gov))

