

ADULT HEALTH BULLETIN



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VACCINES AREN'T JUST FOR KIDS



You might know that the basics of a healthy life include making time for regular physical activity and eating right. However, there is an important step you might be missing. You need to stay up to date with vaccines and medical care. You might not realize you need vaccines throughout your adult life. That is why, during August, we celebrate National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your lifespan.

Each year, thousands of adults in the United States get sick from diseases that vaccines could have prevented. Vaccines play an important role in keeping us all healthy. Vaccines save lives by protecting us from serious diseases, such as COVID-19,

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measles, and whooping cough. Therefore, it is important to know the facts about vaccines, immunization, and vaccine-preventable diseases.

Vaccines are important to your health, and here are three reasons why:

- 1. Vaccines lower your chance of getting sick.** Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- 2. Vaccines lower your chance of spreading certain diseases.** There are many things you want to pass on to your loved ones: a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- 3. Vaccines are one of the safest ways to protect your health.** Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

- Everyone should get a flu vaccine every year before the end of October, if possible.
- Adults need a Td/Tdap vaccine every 10 years to protect against tetanus, diphtheria, and pertussis (whooping cough).
- Healthy adults 50 years and older should get a shingles vaccine.

Adults may need other vaccines based on health conditions, their job, lifestyle, or travel habits. Based on your age, health conditions, childhood vaccines, and other factors, you may need vaccines against other illnesses such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)



- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

If you are traveling abroad, you might need additional vaccines depending on your destination. Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. Talk with your health-care professional to make sure you are up to date with the vaccines recommended for you.

REFERENCES:

- <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>
- <https://www.cdc.gov/vaccines/hcp/adults>
- <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-vaccines-need.pdf>

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