



Staying up to date on your vaccines is one of the best things you can do to protect your health. Vaccines provide protection against serious infections. Talk to your health care provider about which vaccines are right for you.

Adult Vaccines and the diseases these vaccines protect against	Vaccine Recommendations (Adults 19 and Older)
<p>COVID-19 A disease caused by coronavirus germs that pass easily from one person to another. COVID-19 affects a person’s nose and throat and can sometimes affect a person’s lungs and can make it hard to breathe and it may feel like a cold or flu.</p>	<p>Adults need a 2023-2024 Covid-19 vaccine to be up to date. Individuals age 65+ or who are immunocompromised should receive one additional dose of any updated 2023–2024 COVID-19 vaccine</p>
<p>Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs. It can cause mild to severe illness and at times can lead to death.</p>	<p>Get a Flu vaccine every year.</p>
<p>Hepatitis A Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person.</p>	<p>Adults with certain medical conditions or certain risk factors should receive this vaccine. Talk with your healthcare provider.</p>
<p>Hepatitis B Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen. Hepatitis B can lead to serious health complications, including liver damage, cirrhosis, liver cancer, and death.</p>	<p>All Adults aged 19-59 years and people aged 60+ with risk factors should receive the vaccine. Adults aged 60+ without known risk factors may also receive the vaccine. You will receive 2, 3, or 4 doses depending on vaccine used.</p>
<p>Varicella (chickenpox) is a highly contagious disease caused by the varicella-zoster virus. Symptoms include an itchy, blister-like rash in addition to other symptoms.</p>	<p>If you never had chickenpox and were never vaccinated against it, you need 2 doses of varicella vaccine.</p>

For more information Contact: St. Louis County Public Health Duluth Office 218-725-5210 Virginia Office 218-471-7600
 Suzy Van Norman RN PHN Disease Prevention and Control Unit St. Louis County Public Health 218-725-5291.



Public Health
 Prevent. Promote. Protect.
 St. Louis County

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<p>Tetanus-diphtheria-pertussis (Tdap): Tetanus (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, and death.</p> <p>Diphtheria (D) can lead to difficulty breathing, heart failure, paralysis, or death.</p> <p>Pertussis (aP), also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink.</p>	<p>Get 1 dose of Tdap vaccine if you did not get it as an adolescent. Then, get Td (tetanus-diphtheria) or Tdap vaccine every 10 years after that.</p>
<p>Respiratory syncytial virus (RSV) is a common virus that usually causes mild respiratory illness in infected individuals. It can cause more severe disease in vulnerable individuals, such as infants and older adults.</p>	<p>All adults ages 75 and older. Adults ages 60-74 who are at increased risk of severe RSV disease</p>
<p>Zoster (shingles) is a painful rash caused by reactivation of the varicella-zoster virus (chickenpox), from the nervous system many years after the original chickenpox infection.</p>	<p>People 50 years or older need 2 doses.</p>
<p>Pneumococcal This infection is a serious bacterial infection that causes infections, such as pneumonia, meningitis, bloodstream infections, that may lead to death.</p>	<p>There are 2 pneumococcal vaccines for adults 65 years and older. Younger adults at increased risk might need a dose of vaccine. Discuss with your healthcare provider which vaccine is best for you.</p>
<p>Measles-mumps-rubella (MMR): Measles is a highly contagious respiratory disease caused by a virus. A rash usually appears a few days after the cold-like symptoms. It is a serious disease that can lead to hospitalization and even death.</p> <p>Mumps is a viral infection that primarily affects the salivary glands located between the ear and the jaw.</p> <p>Rubella (German measles) is a rash illness caused by a virus. If a pregnant person catches rubella, the unborn baby can become infected and develop complications leading to eye problems, deafness, and heart problems.</p>	<p>If you were born in 1957 or later, you need at least 1 dose of MMR. Those going to or working at a school or institute of higher education, travelers, and health care workers need 2 doses.</p>

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