Texas A&M AgriLife Extension

FAMILY & COMMUNITY HEALTH

WHY VACCINES ARE IMPORTANT FOR ADULTS?

EXCITE
Extension Collaborative on Immunization Teaching & Engagement

Decrease Risk

Vaccines aren't just for kids. Adults are also at risk of contracting infectious diseases. Vaccines are recommended throughout one's life to provide protection.

Stay Healthy

Vaccines can keep you healthy so you can continue doing the things you love like spending time with your loved ones, taking care of yourself, and going to work.

Protect Loved Ones

Vaccines can help prevent spreading serious illnesses to loved ones. For example, the flu vaccine can reduce the risk of spreading the flu to infants and elders who are more vulnerable to it.

Prevent Complications

Vaccines can prevent complications of infection that may occur from vaccine-preventable diseases such as reducing the risk of hospitalization from COVID-19 and nerve pain after shingles infection.

Protect Your Community

Vaccines can help protect you and your community as a whole. When enough people are vaccinated, these diseases can't spread as easily through the community.

Protect Infants & Children

Several vaccines given to mothers during pregnancy such as RSV and Tdap can help prevent serious illnesses and reduce the risk of related pregnancy infections of infants and newborns.

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FALL VACCINE SEASON LINEUP

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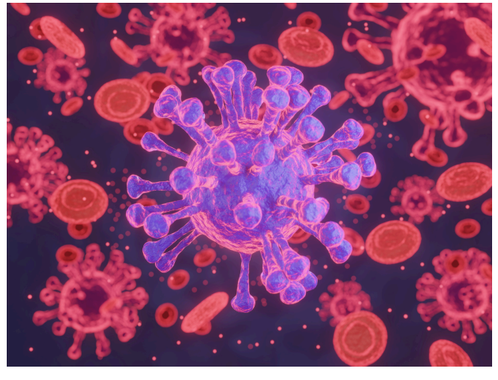
Influenza (FLU)



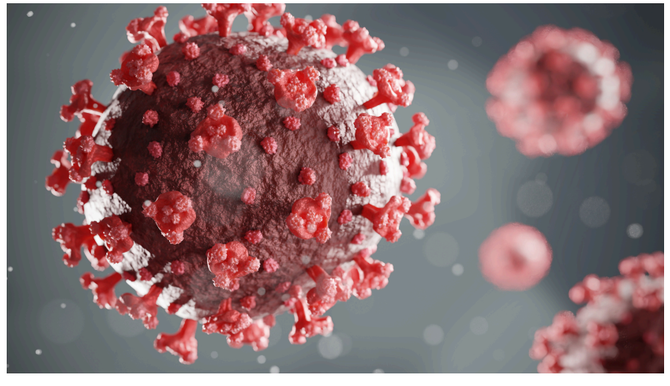
Influenza, commonly known as the flu, is an infection caused by influenza viruses that impact the nose, throat, and sometimes lungs. There are four types of influenza viruses - A, B, C, and D. Types A and B are the two main types we see in humans during flu season.

Types of Vaccines

Vaccines authorized by the U.S. Food and Drug Administration (FDA) currently include the types of:

- Egg-based trivalent
- Cell culture-based trivalent
- High-dose egg-based trivalent
- Egg-based with MF59 adjuvant trivalent
- Recombinant HA trivalent
- Mist version egg-based vaccine

COVID-19



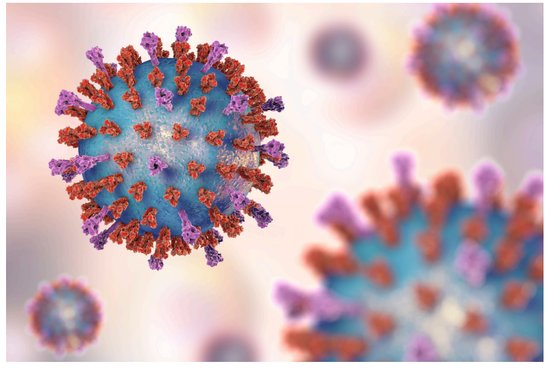
COVID-19 is an infection caused by the SARS-CoV-2 virus. It can cause fever, impact breathing, and can have many symptoms. Most people will experience mild to moderate symptoms, however, some can become seriously ill and require medical attention.

Types of Vaccines

Vaccines authorized by the U.S. Food and Drug Administration (FDA) currently include:

- Pfizer-BioNTech vaccine, an mRNA vaccine.
- Moderna COVID-19 vaccine, an mRNA vaccine.
- Novavax COVID-19 vaccine, a protein subunit vaccine.

Respiratory Syncital Virus (RSV)



RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Infants and older adults are more likely to develop severe RSV and need hospitalization.

Types of Vaccines

Vaccines authorized by the U.S. Food and Drug Administration (FDA) currently include:

- GSK AREXVY (RSVPREF3), a protein subunit vaccine.
- Pfizer ABRYSVO (RSVPREF), a protein subunit vaccine.
- Moderna mRESVIA vaccine, an mRNA vaccine.