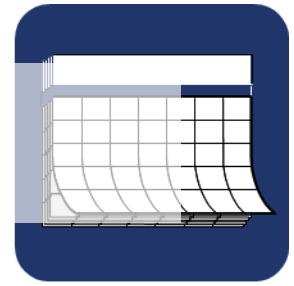




Immunizations



FACTS FOR CONSUMERS



Immunizations Are Important

Vaccines (the drugs used in immunizations) are our best protection against a number of serious, and sometimes deadly, diseases.

Most adults are not aware that they need vaccines during their lives to protect them against many diseases. Some of the diseases that adults must need to know about are:

- Flu
- Pneumonia
- Shingles
- Whooping Cough
- Tetanus



Why Should I Get Immunized?

Every year thousands of adults suffer and may be hospitalized and die as a result of diseases that can be prevented by vaccines.

In the United States, vaccines have greatly reduced infectious diseases that once routinely killed or harmed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease still exist and can be passed on to people who are not protected by vaccines. Protect your health and the health of your family. Make sure you and your loved ones are up-to-date on recommended vaccines.

INFLUENZA & PNEUMONIA

are the **8th** leading cause of **DEATH** in the U.S. claiming **55,200** lives

(Source: Centers for Disease Control, September 2015)

Every year nearly **1 MILLION** PEOPLE IN THE U.S. get pneumococcal pneumonia **5 to 7%** of them **DIE**

(Source: National Foundation for Infectious Diseases, September 2017)



What's the Big Deal if I Wait?

Here's why you shouldn't wait:

- Adults often don't get vaccines because they don't think they need them, but they do— influenza, pneumonia, shingles, whooping cough and tetanus are all adult diseases that can be prevented by vaccines.
- These diseases do occur in the U.S. and in other parts of the world and can still be a threat to you and your loved ones.
- Some of these diseases are very contagious.
- Any of these diseases can be serious – even for healthy people.
- Young children, older adults, and those with health conditions may be at a higher risk for diseases or serious illnesses.

You have the power to protect yourself and the ones you love. Talk to your healthcare professional about which vaccines are right for you and your family.



Which Immunizations Should I Be Getting?

If you are 65 or older, consider receiving the following immunizations:

Influenza (Flu)	You need a dose every fall (or winter) for your protection and for the protection of others around you.
Pneumococcal (Pneumonia) (Pneumovax, PPSV; Prevnar, PCV)	You need two pneumococcal (pneumonia) vaccines— Prevnar (if you haven't had it before) and Pneumovax. Get Prevnar first and then get Pneumovax 1 year later.
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	Adults who have not received a dose of Tdap during their lifetime need to get Tdap (the adult whooping cough vaccine). You need a Td booster dose every 10 years.
Zoster (shingles)	You should get a 1-time dose of this vaccine now if you have had chicken pox.

(Source: *Immunization Action Coalition*, June 2017)

Please visit these sites for additional immunization information:

- Centers for Disease Control: <https://www.cdc.gov/vaccines/adults/resources.html>
- Immunization Action Coalition: <http://www.immunize.org/>
- Medicare: <https://www.medicare.gov/coverage/preventive-and-screening-services.html>