

IMMUNIZATIONS

FACTS FOR CONSUMERS



Immunizations Are Important

Vaccines (the drugs used in immunizations) are our best protection against several 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
- Pneumococcal
- Shingles
- Whooping Cough
- Tetanus
- COVID-19

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
is the **13th**
leading cause of death
in the U.S. claiming
41,917
lives

Number of Emergency
Department Visits with
Pneumonia as primary
diagnosis



MILLION

Percent of people
18 years or older
who received a
24% pneumococcal
vaccination

Number of
deaths from
pneumonia **41,309**

CDC Fastfacts 2021, accessed June 2 2023

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, COVID-19, 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	You need a dose every fall (or winter) for your protection and for the protection of others around you.
Pneumococcal (PCV15, Prevnar, PCV20, PPSV23, Vaxneuvance)	You need 1-2 doses based on vaccines previously given and underlying risk factors. Your provider will discuss available options and recommendations to complete the series.
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 2 doses of this vaccine 2-6 months apart if you have had chicken pox.
COVID-19	Follow your provider's advice as the recommendations change frequently.

Source: Immunization Action Coalition, updated Feb 23, 2021

Please visit these sites for additional immunization information:

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