

3 Important Reasons ADULTS NEED VACCINES!

1. You may be at risk for diseases that are still common in the United States.

Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines, some people are hospitalized, and some even die. Even if you received all your vaccines as a child, the protection from some immunizations can lose effectiveness over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health factors.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your additional responsibilities.

3. Protect your health and the health of those around you.

- Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases.
- Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a preventable disease is not one of them. Infants, older adults, and people with weakened immune systems are especially vulnerable to vaccine preventable diseases.
- Vaccines are one of the safest ways to protect your health. Side effects of immunizations are usually mild and go away on their own. Severe side effects are very rare.



WHAT VACCINES DO YOU NEED?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Getting Vaccinated!

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations.

Source: <https://www.cdc.gov/vaccines>