

Attention Older Adults!

Vaccines are not just for kids!

Many people think that only young children need to get vaccinated. However, **THOUSANDS OF OLDER ADULTS** die or have serious complications each year from vaccine-preventable diseases.

What vaccines do I need?

The Centers for Disease Control and Prevention (CDC) recommends that older adults get the following vaccines:

-  **Shingles vaccine**

One shot reduces the risk of shingles and long-term pain after shingles in adults 60 years old and older.

 - Shingles is a disease that causes a **painful, blistering rash**. One in five people with shingles will have **severe, long-term pain** after the rash heals.
 - Shingles is **more common and more serious** in older adults.
 - Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.
-  **Influenza (flu) vaccine**

Get the flu vaccine every year to avoid getting the flu and spreading it to loved ones.

 - Every year in the U.S., an average of 36,000 people die from the flu. Most of these deaths are among adults 65 years old and older.
-  **Pneumococcal vaccine**

One shot reduces the risk of pneumococcal disease.

 - Pneumococcal disease can cause serious infections of the lungs (pneumonia), the bloodstream (bacteremia), and the covering of the brain (meningitis).
 - Pneumococcal disease is one of the most common causes of vaccine-preventable death in the U.S. and is particularly dangerous for older adults.
-  **Tetanus, diphtheria, pertussis (Tdap) vaccine**

One shot of Tdap vaccine reduces the risk of getting potentially deadly infections and the risk of spreading some of these infections to others.

 - Pertussis, also called whooping cough, can be a serious—even deadly—disease in babies. Parents and grandparents can be ill with whooping cough for months and can pass the infection to babies too young to be vaccinated.
 - Tetanus is a severe, painful infection. Most of the deaths from tetanus are among older adults.
 - Adults less than 65 years of age should receive a dose of Tdap vaccine in place of one of their 10-year tetanus booster shots.

Protect yourself and your loved ones against these illnesses by getting vaccinated. For more information, ask your healthcare provider, call **800-CDC-INFO** (800-232-4636), or visit www.cdc.gov/vaccines/vpd-vac/adult-vpd.htm. To see which vaccines you need, take the Adult Immunization Quiz at www2.cdc.gov/nip/adultImmSched/.

