



Each year in the United States, up to 60,000 adults die from vaccine-preventable diseases or their complications. Although most adults realize that immunizations are important in keeping infants and children healthy, many are unaware that vaccines offer a safe and cost-effective way to prevent serious illnesses and death among adults.

Protect Yourself
Immunize!



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Protect
Children
by
Protecting
Yourself



Immunize!

Your health
has a huge
impact on
those you
love.



Did you know?

- Many children contract diseases from their parent, grandparent or caregiver.
- Many adults contract diseases from children.
- Many hospitalizations due to illness can be avoided by vaccination.

Recommended Adult Vaccines

Tetanus, Diphtheria, Pertussis - Td/Tdap* (Td every 10 years for all adults)

Human papillomavirus - HPV
(3 doses for females & males age 11-26 years)

Measles, Mumps, Rubella – MMR
(2 doses for all adults born after 1957)

Varicella (2 doses for adults under 60 who have never had chickenpox)

Zoster (1 dose for adults 60 and older)

Influenza (annual vaccination for all adults**)

Pneumococcal - PCV/PPSV (1 or more doses pneumococcal conjugate vaccine and pneumococcal polysaccharide vaccine for adults at risk,** and for all adults 65 years and older)

Hepatitis A (2 doses for adults at risk** or wishing immunity)

Hepatitis B (3 doses for adults at risk**)

Meningococcal (1 or more doses for adults at risk**)

*Substitute 1 dose of Tdap for Td.

**Vaccination is especially important for adults with certain high-risk conditions. Ask your health care provider if you have a condition that puts you at higher risk, and which vaccines are needed.