



What You Need To Know About **ADULT Vaccines & Boosters**

Kids aren't the only ones who need their shots. Vaccines for adults can help prevent infectious diseases or boost the effectiveness of childhood vaccines that wear off over time.

What Vaccines Do Adults Need?

The Centers for Disease Control and Prevention (CDC) recommends that adults get certain vaccines at certain life stages. Talk to your healthcare provider (HCP) about which ones are right for you.

Did You Know?

Only about **1 in 5** adults is up to date on their vaccinations.

Common Vaccines for Adults

Even if you've had some of these vaccines previously, check with your HCP to see if it's time for a booster.

HPV

(human papillomavirus)

Td or Tdap

(tetanus, diphtheria, pertussis)

Seasonal Influenza

(flu) – Annual

HepB

(hepatitis B)

PPSV23/PCV13

(pneumococcal)

Zoster

(shingles)

Some groups of people may need extra or different vaccines. These include:

- Pregnant women
- Adults with health conditions like heart disease, diabetes and liver disease
- Adults with a compromised immune system
- Healthcare workers
- International travelers
- Refugees and immigrants to the United States

If you're in one of these groups, check with your HCP about which vaccines you may need. The CDC offers an **Adult Vaccine Assessment Tool** that creates a list of recommended vaccines based on your personal circumstances.

Why Do Some Vaccines Need More Than One Dose?

For some vaccines, more than one dose is needed to create immunity from an illness.

It's crucial to get all the doses of a vaccine to make sure you're protected and also to prevent spreading the illness-causing pathogen (such as a bacteria or virus) or allowing it to mutate (change) and become harder to control.

Did You Know?

Vaccines can't make you sick. Some people mistakenly believe that a vaccine can infect you with the illness it's meant to prevent. But symptoms after getting the vaccine, such as soreness or fatigue don't mean you're getting sick — they mean your immune system is responding to the vaccine. In other words, it's working!

Why Do Some Vaccines Need Boosters?

The immunity provided by some vaccines wears off over time, so a booster shot is required to bring it back up. The Tdap vaccine, for example, requires a booster every 10 years to maintain immunity.

All Doses =

FULL IMMUNITY

Single Dose =

PARTIAL IMMUNITY

Infection can still be transmitted, meaning you can still get infected and pass it to others
Pathogen may mutate

Infection can no longer be transmitted
Pathogen can't mutate

Wondering If You Should Postpone Vaccines Until After the COVID-19 Pandemic? **Don't.**

It's important to stick to the recommended adult vaccine schedule. Not only are vaccines vital to your personal health, but a bad flu season or outbreak of other diseases could overwhelm an already burdened healthcare system during the pandemic.

Did You Know?

Women may be **more likely** to experience side effects from vaccines.

Keeping up to date with your vaccines doesn't just benefit you — it benefits your family, friends and community!