Vaccine Information for Adults

You never outgrow the need for vaccines. The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain protection against: flu, tetanus, diphtheria, pertussis, shingles, pneumococcal, HPV, etc.

Do You Need Any Vaccines?

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain protection against:

- **Seasonal influenza (flu)** (In general, anyone who is 6 months or older can benefit from the protection of a flu vaccination.)
- **Tetanus, diphtheria and pertussis (whooping cough)** (one booster dose for adults up through 64 years and for adults 65 years and older who will have close contact with infants and have not previously received the Tdap vaccine)
- **Shingles** (for adults 60 years and older)
- **Pneumococcal disease** (for adults 65 years and older and adults with specific health conditions)
- **Human papillomavirus (HPV) infection** (for women 26 years and younger)

Other vaccinations you may need include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), and measles, mumps and rubella.

FOR MORE INFORMATION REFER TO THE CDC WEB PAGE
WWW.CDC.GOV/VACCINES

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ASK YOUR DOCTOR ABOUT ANY IMMUNIZATIONS YOU MAY NEED
......ALSO FIND MORE INFORMATION AT
WWW.CDC.GOV
What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Who should get vaccinated?

On February 24, 2010 vaccine experts voted that everyone 6 months and older should get a flu vaccine each year starting with the 2010-2011 influenza season. CDC’s Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the U.S. to expand protection against the flu to more people. While everyone should get a flu vaccine each flu season, it’s especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

Symptoms of flu

People who have the flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It’s important to note that not everyone with flu will have a fever.

How flu spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Some people, especially children and people with weakened immune systems, might be able to infect others for an even longer time.