



ADULT VACCINATION AWARENESS CAMPAIGN

VACCINES, CHRONIC CONDITIONS AND SMOKING

Immunizations Can Prevent Or Reduce Complications For Adults With Diabetes, Heart And Lung Diseases, And Adults Who Smoke Cigarettes



DID YOU KNOW?

The Centers for Disease Control and Prevention (CDC) reports that adults with certain chronic health conditions "...are more likely to develop complications from certain vaccine-preventable diseases (VPDs) including long-term illness, hospitalization, and even death." In response, CDC recommends certain immunizations as follows:*

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DIABETES

CDC recommends people with diabetes get a pneumococcal vaccine, once as an adult before age 65 years of age and again at age 65 years, and a yearly influenza (flu) vaccine, and the hepatitis B vaccine series if they're between the age 19 and 59.

HEART DISEASE

CDC recommends people with heart disease get a pneumococcal vaccine and a yearly influenza (flu) vaccine.

LUNG DISEASE

CDC recommends people with asthma, COPD, or other conditions that affect the lungs get a yearly influenza (flu) vaccine and a pneumococcal vaccine, once as an adult before age 65 years of age and again at age 65. CDC says, "People with asthma, COPD, or other conditions that affect the lungs have a higher risk of complication from the flu even if the condition is mild and symptoms are controlled... Those with asthma, COPD, or other conditions that affect the lungs are more likely to develop pneumonia and other respiratory diseases after getting sick with the flu than those without these conditions."

SMOKERS

CDC recommends pneumococcal vaccination for adults who smoke. It is estimated that half of the young and middle-aged adults who get bacterial pneumonia are smokers.**

You should talk to your health care provider to find out if you are current on your vaccinations, and to your health care plan if you have questions about coverage for vaccinations.

DON'T WAIT – VACCINATE!

* Recommendations at <http://www.cdc.gov/features/VaccinesChronicConditions/>

** Bacterial pneumonia and smoking comparison at <http://healthyliving.msn.com/diseases/quit-smoking/pneumonia-vaccine-advised-for-smokers-flu-shot-recommended-for-more-adults-1>

ALL-VAX provides multiemployer funds with tools to help raise awareness about the benefits of adult immunization against vaccine-preventable diseases. Go to www.ALL-VAX.org. ALL-VAX is part of NCCMP's UNITED FOR HEALTHY LIVING CAMPAIGN.

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