A FEW GOOD REASONS TO STAY CURRENT ON RECOMMENDED ADULT VACCINATIONS

Adult Vaccines Are Part of Healthy Living and Prevention

AN OUNCE OF PREVENTION...

There are many reasons to get immunized against the vaccine-preventable diseases (VPDs)! Adult vaccines are available through your doctor, and some are available in convenient locations including pharmacies, grocery stores, shopping centers and workplaces. **Even so, too many adults do not get vaccinated**. Many organizations, including the Centers for Disease Control and Prevention (CDC), publish lists of good reasons to get vaccinated – here are just eight!

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DID YOU KNOW?

According to the 2012 National Health Interview Survey (NHIS):

- Only 2 out of 5 adults received a flu shot

- Only 1 out of 5 adults aged 19-64 with certain high-risk medical conditions received a pneumococcal shot.

- Only 1 out of 5 adults 60 years and older received a shingles vaccination.

- Only 1 out of 6 adults ages 19-64 received a Tdap vaccine in the last 7 years to provide protection from tetanus, diphtheria, and pertussis (whooping cough).

UNITED for HEALTHY LIVING C A M P A I G N

1 **You want to stay healthy and on the job.** Vaccines can help you stay healthy so you have less chance of missing work days and dealing with the related costs of getting sick. For example, millions of days of work and billions of dollars are lost to the flu every year.

2 **You want to protect your family and those who can't get vaccinated.** When you get immunized, you help stop the spread of disease not only to yourself but to others. This can include children, pregnant women, people with medical challenges and others. For example, whooping cough (pertussis) is a threat to young children who may be exposed to it in the home.

3 **You have asthma, heart or lung disease, diabetes or another chronic disease, you smoke cigarettes or could be exposed to hazardous substances on the job, or your immune system is otherwise compromised.** The pneumococcal vaccine helps prevent serious diseases including pneumonia, meningitis, and blood infection caused by the bacterium streptococcus pneumoniae.

4 **Some vaccines are specifically for adults.** The shingles vaccine is a good example. Shingles (also known as herpes zoster or zoster) is caused by a reactivation of the chickenpox virus. It can cause a severe and painful skin rash. The risk for shingles increases as a person ages. Adults should also receive periodic "tetanus booster" shots, given in combination with diphtheria and / or pertussis vaccines, to protect themselves.

5 **You work in the health care profession or are a first responder.** Health care providers are exposed to potential infections including hepatitis. Health care workers should have a complete vaccination series as recommended by the CDC and of course should get the flu shot every year.*

6 **You know you need a vaccine before a disease breaks out.** People sometimes wait to get vaccines until they hear of nearby outbreaks of disease like flu or pertussis. The time to be vaccinated is before disease arrives. It's important to stay current since no one can predict when disease will appear.

7 **You must travel for work.** Travel can also put you at risk for certain diseases which may be prevalent in other countries. So you may need additional immunizations. You should schedule an appointment with your health care office four-six weeks in advance of your travel.**

8 **Why would you want to get a preventable disease?** Ask anyone who has had a VPD if they would like to experience it again.

DON'T WAIT – VACCINATE!

* http://www.cdc.gov/vaccines/adults/rec-vac/hcw.html

** http://www.cdc.gov/features/vaccines-travel/