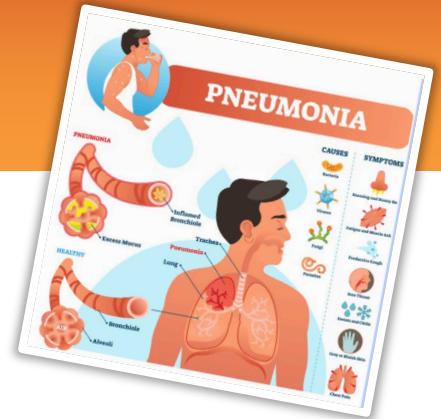


Adult Vaccinations



Pneumococcal Vaccines

- Pneumococcus: a bacterium that causes acute pneumonia or lung inflammation involving one or more lobes of the lung, causing the air sacs to fill with pus and become solid.

Two types of pneumococcal vaccines: PCV13 and PPSV23

PCV13

- This vaccine protects against 13 types of pneumococcal bacteria that commonly cause the most severe infections. Studies found that it protects 3 in 4 adults ages 65 and older against pneumococcal disease.
- Recommended for children under the age of 2 and adults **over** the age of 65.
- A one dose vaccine and protects you for the rest of your life. In some cases, a booster shot may be needed.

PPSV23

- This vaccine protects against infections caused by 23 types of pneumococcal bacteria. Studies found that between 10-17 out of 20 healthy adults were protected after one shot from severe pneumococcal illness.
- Recommended for all adults 65 and older, people 2-64 with certain medical conditions, and adults 19-64 years old who smoke cigarettes.
- This is a one dose vaccine to protect you for the rest of your life. In some cases, a booster shot may be needed.

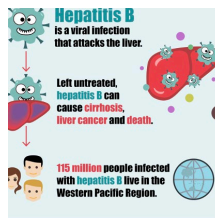
Why should I get this Vaccine?

- The pneumococcal vaccine protects you against pneumonia. Pneumonia is when bad bacteria get into your lungs and cause an infection. Some symptoms include runny nose, fatigue, muscle aches, cough, sore throat, sweat and chills, gray or bluish skin, and chest pains. It can lead to difficulty breathing and be very dangerous or even fatal in elderly people or people with compromised respiratory systems (breathing).

Shingles Vaccine

- Shingles is a very painful, itchy, tingly rash that usually develops around the middle of the body. It is related to the chicken pox illness or the chicken pox vaccine and studies show 1 in 3 people will develop shingles in their lifetime.
- This is a two-dose vaccine given 2-6 months apart recommended for people 50 years and older. If you are pregnant or breastfeeding, you should wait to get the vaccine.
- Some complications from the shingles disease can be long-term nerve pain, hearing problems, pneumonia, brain inflammation, or even death. Therefore, it is important to get this vaccine.





Hepatitis A and B Vaccines

- Hepatitis A vaccine protects against Hepatitis A (a viral liver disease) spread from ingesting contaminated food, water, or direct contact with small amounts of stool (poop) from an infected person.
- Hepatitis A infection is greatest among people **50 years and older**.
- Hepatitis B is a vaccine preventable **liver infection** caused by the hepatitis B virus.
- Hepatitis A and B vaccines should be given to adults at risk by sexual exposure, bodily fluid exposure, international travelers, people who use drugs, men who have sex with men, people who have HIV, have chronic liver disease, and anyone who wants immunity (protection) should be vaccinated.

Vaccine options for Hep A and Hep B:

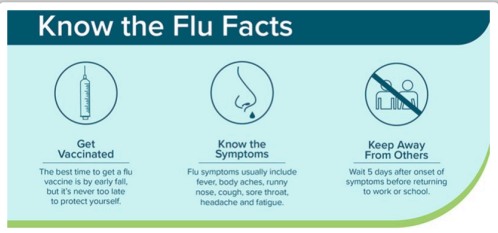
- Hepatitis A and B combination vaccine. A series of 3 shots over 6 months for anyone 18 years and older to offer full long-term protection.
- Hepatitis A only vaccine 2 doses 6 months apart.
- Hepatitis B only vaccine given in multiple shot series depending on age. For anyone 18 years and younger or 19 and older at risk.

Tdap Vaccine

- This vaccine protects against tetanus, diphtheria, and pertussis.
- Tetanus is when a bacterial **toxin** gets into a cut or burn on the body and causes painful muscle contractions that can affect your breathing and be life threatening.
- Diphtheria and pertussis can be spread from person to person. Diphtheria is a bacterial infection that can lead to difficulty swallowing, breathing, and affect the heart as well.
- Pertussis is better known as whooping cough. It is a highly contagious disease that makes it very difficult to breath.
- Recommended for children 7 years and older, adolescents, and adults. After the first shot a booster should be given every 10 years.



Influenza (Flu) Vaccine



- Influenza, more commonly known as the flu, is an illness that infects the nose, throat, and lungs. It is spread through droplets in the air through talking, coughing, or sneezing. It can range from a mild illness to severe illness leading to death.
- The flu vaccine is offered to anyone 6 months of age **and older**. People with allergies to the flu vaccine or ingredients in the flu vaccine should not get the vaccine, or someone who has had Guillain Barré syndrome should not get the vaccine. Those with egg allergies can still be vaccinated but should do so in a medical setting.
- The flu vaccine is typically **available from October to June 30th**. A second dose may be necessary in the same calendar year.

First Step:

- **Before** getting any vaccination, it is important to discuss this with your primary care physician.

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