

## Senior Adults... Protect Yourself Get Vaccinated



Vaccines are not only for young children. Senior adults have a high risk of incurring diseases that could easily have been prevented by vaccines. Each year thousands of older adults die or have serious complications from vaccine-preventable diseases. During the fall season is a good time to schedule your vaccinations. An average of 36,000 people die from the flu alone every year according to the Centers for Disease Control and Prevention (CDC). Most of the deaths reported are among adults 65 years old and older.

Your health care professional is the best person to provide information about the vaccinations you need. But in general, the (CDC) recommends that older adults get the following vaccines:

*Influenza Vaccine*

*Pneumococcal Vaccine*

*Shingles Vaccine*

*Tetanus, Diphtheria, Pertussis (Tdap) Vaccine*

For information about vaccines visit:  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or call  
800-232-4636 or ask your health care  
provider.

### Tell Me More...

#### *Influenza (flu)*

- Contagious respiratory illness
- **Yearly vaccinations** are recommended for preventing severe flu, hospitalization, and death
- The Fall Season is a common time of the year to get your flu vaccination

#### *Pneumococcal Disease*

- A type of bacteria with symptoms of high fever, cough, shortness of breath, headache, thinking slowly or not clearly
- Vaccine recommended for people **65 years old and older**

#### *Shingles*

- Painful skin rash
- Occur in more people over 50 years old and is more serious
- New vaccine developed and recommended for people **60 years old and older**
- Getting the vaccine can help **prevent** shingles and reduce the long-term pain

#### *Tetanus, diphtheria, pertussis (Tdap)*

- Tetanus, diphtheria and pertussis are all caused by bacteria
- Tdap vaccine protects against all three diseases

**Adults less than 65 years of age** should receive a dose of Tdap vaccine in place of one of their 10 year tetanus booster shots

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Sources: "Vaccine-Preventable Adult Diseases"  
[www.cdc.gov/vaccines/vpd-vac/adult-vpd.htm](http://www.cdc.gov/vaccines/vpd-vac/adult-vpd.htm), "Vaccines & Immunizations"  
[www.cdc.gov/vaccines/vpd-vac/shingles/vac-faqs.htm](http://www.cdc.gov/vaccines/vpd-vac/shingles/vac-faqs.htm)

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