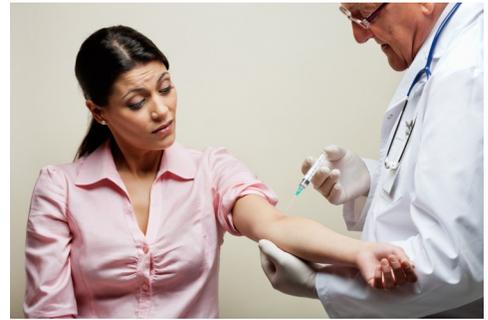


# Vaccinations for Life

## *Why are we concerned about adult vaccinations?*

Vaccinations aren't just for kids. Vaccines for adults help prevent serious diseases, hospitalizations, and even death. Getting vaccinated is one of the most important and easiest things you can do to protect you and your family's health.



## *Why do adults need vaccines?*

Adults often do not get vaccines because they don't think they need them. But certain vaccines are still important because:

- Some vaccines fade over time leaving you unprotected.
- A virus or bacteria changes and you need a different vaccine to be protected (i.e. the flu).
- Your immune system ages so you become more likely to get sick than when you were younger (i.e. shingles and pneumonia).
- New vaccines are available that you may not have had.
- You have a chronic disease (like asthma or heart disease) leaving you at greater risk for infections.

## *What vaccines do adults need?*

Make plans to check with your doctor about your specific vaccine needs. These are general guidelines:

- All adults age 19 and older - flu, tetanus, diphtheria, and pertussis (whooping cough)
- Young adults ages 19 to 26 and not yet vaccinated - human papillomavirus (HPV)
- Adults born in 1957 or later - measles, mumps, and rubella (MMR)
- Adults born in 1980 or later - varicella (chickenpox)
- Adults age 60 and older - zoster (shingles)
- Adults age 65 and older - pneumococcal (pneumonia)

**For more information:** [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)



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