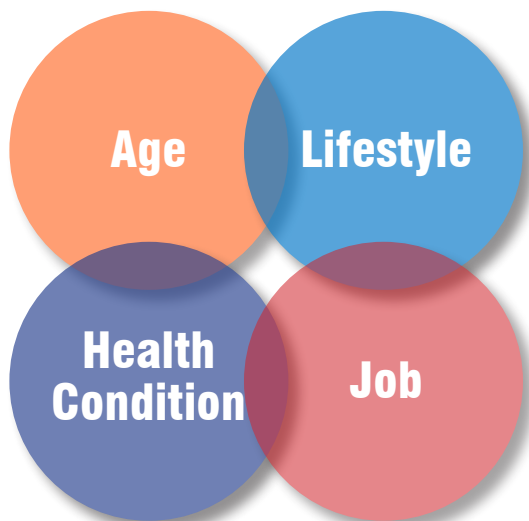


Get Immunized!

Getting vaccinated can help to protect you and your loved ones.

Many adults are not aware that they need immunizations to protect against serious, but preventable diseases.

Your vaccine needs are determined by the factors listed below:



Start the conversation!

Ask your healthcare provider which shots you may need.



Traveling?

If you plan on traveling out of the country, you may need other immunizations. Find

more information about travel

vaccines by visiting www.cdc.gov/travel.



Get Immunized!

Where can I get more information?

- ❖ Your Healthcare Provider
- ❖ New Jersey Department of Health Vaccine Preventable Disease Program
<http://nj.gov/health/cd/vpdp.shtml>
(609)-826-4861
- ❖ Local Health Department
<http://localhealth.nj.gov>
- ❖ Centers for Disease Control and Prevention (CDC)
www.cdc.gov/vaccines
1-800-CDC-INFO



Special thanks to the Washington State Department of Health for permission to modify its brochure.

Are You 50 or Older?

Get Immunized!

Protect yourself. Protect your family.



If you are 50 or older, ask your healthcare provider about these immunizations.

As you age, your immune system can weaken, putting you at increased risk for certain diseases. Some of these diseases can be very serious, possibly leading to death. Fortunately, there are vaccines that can help provide protection.

Tdap and Td Vaccine

(Tetanus, diphtheria, and pertussis/whooping cough)

Every adult should get one dose of Tdap vaccine if they have not already received it. A Td booster dose is needed every 10 years.

- ❖ If you are in contact with babies or other young children, it is very important that you are up to date with your Tdap vaccine.

Need help keeping track of your vaccinations?

Learn more about the New Jersey Immunization Information System (NJiIS) njiis.nj.gov.

Influenza Vaccine

(Flu)

Everyone 6 months or older should get a flu vaccine each year.

- ❖ The flu can be especially dangerous for older adults, people with weakened immune systems, and people with pre-existing health conditions.
- ❖ Between 71-85% of seasonal flu-related deaths occur in people 65 years and older.

Pneumococcal Vaccine

(Pneumonia)

Adults 65 years or older should receive all recommended doses of pneumococcal vaccination.

- ❖ You should receive a dose of PCV13 first, followed by a dose of PPSV23, at least 1 year later.
- ❖ Pneumococcal disease is especially dangerous for older adults.

Zoster Vaccine

(Shingles)

All adults 50 years or older need one or two doses of the shingles vaccine, depending on the vaccine type received.

- ❖ Almost 1 out of every 3 Americans will develop shingles in their lifetime, about half of them are 60 years old or older.
- ❖ Shingles is a painful skin rash that can last for months, or even years.
- ❖ You should get the vaccine even if you have already had shingles or chickenpox.



Which vaccines do you need?

Additional vaccines may be recommended if you did not receive them as a child, or based on other factors. Take this quiz to find out which vaccines you may need:

www2.cdc.gov/nip/adultimmsched/.

