

# VACCINATE *for life.*

## ADULT IMMUNIZATION PROGRAM

## ADULTS NEED VACCINES TOO!

For many years, the focus of immunization programs has been vaccinating children. While childhood immunization rates are at their highest levels ever, many adults don't realize they need vaccines too. Adults often think vaccines are for children or are not aware adult vaccines exist. They think vaccines are too expensive. They are not encouraged to get vaccinated. Adults think they are protected for life after receiving the childhood doses.

### Why do adults need vaccines?

There are many reasons adults need vaccines:

- They may have not received any or all vaccines as a child.
- Newer vaccines have become available since they were a child.
- Immunity fades over time and adults may need a booster shot.
- As people get older, they become more at risk to serious diseases caused by common infections.
- They may travel to areas where rare infectious diseases are much more common.
- They may come in contact with people who have been exposed to unusual infectious diseases.
- Adults, just like children and teens, need vaccines to stay healthy.

- Pertussis (whooping cough, severe coughing, pneumonia)
- Human papillomavirus (leading cause of cervical cancer [in women only] and genital warts in boys and girls)
- Varicella (chickenpox)
- Herpes zoster (shingles) [skin rash]
- Measles, mumps, rubella (complications include brain damage, hearingloss, birth defects, miscarriage, and death)
- Influenza (flu) [stomach upset, pneumonia, death]
- Pneumonia (suffocation, heart failure)
- Hepatitis A (infection of the liver)
- Hepatitis B (infection of the liver, liver cancer)
- Meningitis (swelling of the brain, brain damage, loss of a limb, death)

### Are vaccines safe for adults?

Yes, vaccines are safe for most adults. Before vaccines are licensed by the Food and Drug Administration (FDA), they are tested extensively to ensure their safety. Each person is unique and may react differently to a vaccine. In most cases, vaccines are safe and effective and cause no side effects, or only mild reactions such as fever, a bruise, or soreness at the injection site. Very rarely, people have more serious side effects. In most cases, vaccines are safe, and the benefits far outweigh the risks they may have.

### What diseases can be prevented with vaccines?

For adults the following diseases can be prevented by getting the appropriate vaccine:

- Tetanus (muscle spasms, like lockjaw)
- Diphtheria (thick coating of mucus in the throat, suffocation, heart failure)

### What vaccines are needed for traveling out of the United States?

Before traveling out of the country, check with your doctor or public health department at least 4 to 6 weeks before leaving to discuss any vaccines you may need. Some vaccines are simply recommended while others are required if traveling to specific countries. Protect yourself while traveling and protect those you love when you return. With diseases only a plane ride away, you could be protecting those you love by getting vaccinated. Diseases don't have borders.

### How much do vaccines cost?

Many health insurance plans cover the cost of vaccines. If your plan does not, call your local public health department or the Texas Department of State Health Services (DSHS) at (800) 252-9152 for a clinic near you.

**"Approximately 50,000 adults in the U.S. die from vaccine preventable diseases each year." — CDC**

### Vaccine Schedule:

Vaccine (disease) ↓	Age Group →	19-26	27-49	50-59	60-64	65 and older
Td/Tdap (Tetanus, diphtheria, pertussis)						
HPV (Human Papillomavirus)						
Varicella (Chickenpox)						
Zoster (Shingles)						
MMR (Measles, mumps, rubella)						
Influenza (Flu)						
Pneumococcal (Pneumonia)						
Hepatitis A						
Hepatitis B						
Meningococcal (Meningitis)						

Recommended for most persons



Recommended for some if certain risk factors exist



No recommendation



Talk to your health-care provider about the vaccines you need.

## ADULT IMMUNIZATION PROGRAM

**"Hepatitis B disease infects over 140,000 people in the U.S. each year and kills over 5,000." — CDC**

**"Every year in the U.S., an average of 36,000 people die from the flu. Most of these deaths are among adults 65 years old and older." — CDC**

Texas Department of State Health Services  
Adult Immunization Program  
1100 West 49th Street  
Austin, Texas 78756-3199  
www.ImmunizeTexas.com  
1.800.252.9152



Stock No. II-12851 08/2011