

ADULT IMMUNIZATIONS

SHINGLES (Zoster): *You should receive this vaccine between the ages of 60-64 years.*

Shingles is a painful skin rash, often with blisters. It is also called Herpes Zoster, or just Zoster. A shingles rash usually appears on one side of the face or body and lasts 2 to 4 weeks. Its main symptom is pain, which can be quite severe. Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Shingles is more common in people 50 years of age and older than in younger people. You should get the Zoster Vaccine even if you've had Shingles before.

INFLUENZA VACCINE: *You should receive this vaccine every year in the fall.*

Anyone can get the respiratory flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. People 65 years and older, pregnant women, and people with heart, lung, or kidney disease, nervous system disorders, or a weakened immune system can get much sicker than others.

TDAP: *You should receive one dose of Tdap after age 19, then a Td booster every 10 years.*

If you are pregnant, you should get a Tdap vaccine during the 3rd trimester of every pregnancy to help protect your babies from pertussis (whooping cough).

TETANUS (Lockjaw) can lead to tightening of the muscles in the head and neck so you can't open your mouth, swallow, or sometimes even breathe. Tetanus kills about 1 out of 10 people who are infected even when receiving the best medical care.

DIPHTHERIA can cause a thick coating to form in back of the throat. It can also lead to breathing problems, heart failure, paralysis, or death.

PERTUSSIS (Whooping Cough) spreads through coughing and sneezing and is caused by bacteria. It causes severe coughing spells, which can lead to difficulty breathing, vomiting, and disturbed sleep. It can also lead to weight loss, incontinence, rib fractures, pneumonia or death.

PNEUMONIA VACCINE: There are two types of Pneumonia Vaccine.

They protect you from 13 and 23 different types of bacterial pneumonia. Pneumococcal disease is caused by infection with Streptococcus pneumonia bacteria. These bacteria can spread from person to person through close contact. Pneumococcal disease can lead to severe health problems, including pneumonia, blood infections, and meningitis.

PCV13 (Pneumococcal): *You should receive this vaccine at age 65 years or older.*

PPSV23 (Pneumococcal): *You should receive this vaccine 6 months after receiving the PCV13 Vaccine*

Adults who are 65 years of age or older and who have not previously received PCV13, should receive a dose of PCV13 first, followed 6 to 12 months later by a dose of PPSV23. If you have already received one or more doses of PPSV23, the dose of PCV13 should be given at least 1 year after you got your most recent dose of PPSV23.