

## ADULT IMMUNIZATION:

# Importance of Staying Up to Date with Vaccines

*And here are several reasons why...*

▶ **Vaccines aren't just for kids.**

Vaccines are recommended throughout people's lives.

▶ **Adults are at risk.**

Most illnesses, hospitalizations, disability, and deaths from vaccine-preventable diseases occur among adults.

▶ **Most adults aren't up to date with their vaccinations.**

Most adults are not aware of the many vaccines recommended for them. In fact, fewer than 1 in 4 adults is actually up to date, leaving many adults vulnerable.

▶ **Adults need more than an annual influenza vaccination.**

Most adults know they should get an influenza vaccine each year. However, they may not know the current recommendations for other routinely recommended vaccines. For example, in addition to younger adults with certain health conditions, all adults age 50 years and older should get a vaccine to prevent pneumococcal disease and a 2-dose vaccine to prevent shingles.

▶ **Vaccines help adults stay healthy and able to meet their many obligations.**

Adults need to stay healthy so that they can work, take care of their families and themselves, and fulfill other commitments in their lives.

▶ **Vaccines help protect loved ones.**

Vaccines can help prevent adults from spreading a severe illness to a loved one. For example, getting vaccinated against hepatitis B can help protect your partner or household members. Influenza vaccination reduces the risk of spreading illness to family members like infants and elderly people who are more vulnerable to severe complications associated with influenza.

▶ **Vaccination during pregnancy protects babies.**

Influenza, Tdap, COVID-19, and RSV vaccinations given during pregnancy help prevent serious illness in infants, including pertussis (whooping cough). Mothers who are vaccinated with influenza, Tdap, and COVID-19 are also less likely to have infection-related pregnancy complications. Giving newborns an injection with RSV preventive antibody after birth is another option for preventing severe RSV illness in infants.

▶ **Vaccines prevent serious health-related complications from vaccine-preventable illnesses.**

Vaccines can prevent complications of infections that may occur with a vaccine-preventable disease, such as being hospitalized for pneumonia, having eye damage from shingles, or experiencing a heart attack as a result of influenza.

▶ **Vaccines reduce risks related to other health conditions.**

Adults need vaccinations based on their age and health conditions. Some health conditions, including diabetes, heart disease, and lung disease, increase a person's risk of severe illness from vaccine-preventable infections.

▶ **Vaccines help adults stay healthy during travel.**

Getting sick while traveling can ruin plans and be costly. Adults should discuss any upcoming travel plans with their providers to make sure they are appropriately vaccinated prior to departure.

For more information on vaccines for adults, talk to your health-care provider and pharmacist. Additional information is available from Immunize.org at [www.vaccineinformation.org/adults](http://www.vaccineinformation.org/adults), the American Academy of Family Physicians at [www.aafp.org/vaccines](http://www.aafp.org/vaccines), or Vaccinate Your Family at <https://vaccinateyourfamily.org/which-vaccines-does-my-family-need/>.

