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Vaccines are NOT just for Kids

Get Vaccinated to Protect Yourself from Serious Diseases

Eau Claire, WI, March 6, 2018 – Your need for vaccines doesn't end when you become an adult. Even if you were vaccinated as a child, the protection from some vaccines can wear off. As you get older, you also may be at risk for vaccine-preventable diseases because of your age, job, hobbies, travel, or health conditions.

The Centers for Disease Control and Prevention (CDC) recommends that all adults get the following vaccines:

- **Influenza** – *every year* to protect against seasonal flu
- **Td** – *every 10 years* to protect against tetanus and diphtheria
- **Tdap** – *once* as an adult to protect against tetanus, diphtheria, and pertussis (whooping cough); women should get this vaccine *with each pregnancy*



Patricia Reis, Public Health Nurse at the Eau Claire City-County Health Department explains, “Adults may need other vaccines as well. As a person gets older, they may need vaccines like shingles and pneumococcal. Depending on job, hobbies, or travel, an adult may need other vaccines such as hepatitis A or hepatitis B.”

Adults with certain chronic conditions, such as heart disease, diabetes, asthma, are more likely to have complications from vaccine-preventable diseases. Complications can include hospitalizations and even death. Reis advises, “Talk to your healthcare provider to make sure you are up to date on the vaccines recommended for you.”

Vaccines are important to protect adults against serious, sometimes deadly, diseases. For more information on adult vaccines, see www.cdc.gov/vaccines/adults.

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