Many adults don't know there are immunizations available that protect against many serious, but preventable diseases. Your age, health conditions, job, and lifestyle determine which immunizations you need.

If you are 60 or older, ask your health care provider about these immunizations:

- INFLUENZA
- PNEUMOCOCCAL
- TETANUS, DIPHTHERIA, PERTUSSIS (Tdap/Td)
- SHINGLES
- TRAVEL IMMUNIZATIONS

Where can I get immunizations?

- Your health care provider's office
- Your local pharmacy
- Your local health department

Find the phone number for your local health department at www.doh.wa.gov/LHJMap/LHJMap.htm or look in the government section of your phone book.

Do you need more information?

You can find more immunization information from the following organizations:

- **Centers for Disease Control & Prevention**
  1-800-CDC-INFO (1-800-232-4636)
  www.cdc.gov/vaccines/spec-grps/adults.htm
- **Washington State Department of Health Immunization Program CHILD Profile**
  1-866-397-0337
  www.doh.wa.gov/cfh/immunize/adult_immunization.htm
- **Immunization Action Coalition**
  www.immunize.org

Washington State Department of Health
PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

This publication is available in other formats. Call 1-800-525-0127 or TTY relay 711.

DOH # 348-107 (9/07)

are you 60 or older?

You may be due for IMMUNIZATIONS

protect yourself for life

If you are 60 or older, ask your health care provider about these immunizations

Influenza (flu)

The flu vaccine is recommended every year for all people 50 and older.

The flu virus spreads easily by coughing or sneezing. The flu causes fever, headache, muscle aches, weakness, sore throat, runny nose, and cough. It can lead to pneumonia, hospitalization, and even death. People 65 and older are at higher risk of serious illness and death if they get the flu.

Pneumococcal

One dose of the pneumococcal vaccine is recommended for:

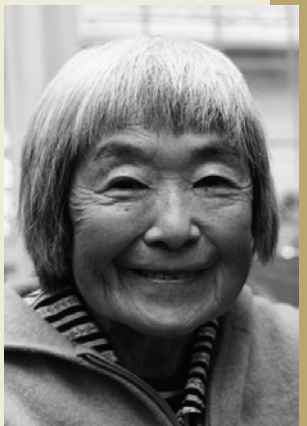
- All people aged 65 and older
- People with chronic illnesses, like diabetes, heart, lung, and kidney diseases
- People with weakened immune systems

Certain people need two doses of pneumococcal vaccine, including people:

- Who were younger than 65 when they received their first pneumococcal shot
- Who have had a transplant
- With chronic kidney disease
- With weakened immune systems

Pneumococcal bacteria can cause pneumonia, blood infections, and meningitis (inflammation of the lining of the brain and spinal cord).

Pneumococcal disease kills more people every year than all other vaccine-preventable diseases combined.



Tetanus, diphtheria, and pertussis (Tdap/Td)

Under 65:

One dose of Tdap vaccine is recommended for people under 65 when they are due for their next tetanus booster. The Tdap vaccine is similar to a tetanus shot, but also protects against pertussis (whooping cough). All adults need a tetanus booster every 10 years after getting Tdap.

Over 65:

A tetanus booster is recommended every 10 years for people 65 and older.

Tetanus bacteria lives in soil and can get in the body through deep cuts and puncture wounds. It causes muscle spasms, breathing problems, and death.

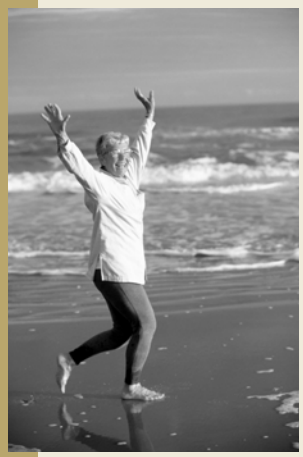
Diphtheria is a type of bacteria that spreads by coughing and sneezing. It causes sore throat, mild fever, and can completely clog a person's airway. Diphtheria can also cause heart problems, coma, paralysis, and death.

Pertussis (whooping cough) bacteria spreads by coughing and sneezing. It causes severe coughing spells that can lead to broken ribs, pneumonia, seizures, brain damage, and death. Babies are at highest risk from pertussis. If you are in contact with babies and young children, and are under 65, make sure you get a Tdap shot.

Shingles

The shingles vaccine is recommended for all adults 60 and older. You should get the shingles vaccine even if you have had shingles or chickenpox.

Shingles virus causes a painful skin rash. One out of five people with shingles has severe pain that continues even after the rash goes away. Shingles can also cause fever, headache, chills, and upset stomach. Very rarely, it can lead to pneumonia, hearing problems, blindness, brain inflammation, and death.



Travel Immunizations

You may need other immunizations if you are traveling outside the U.S.

To find out which immunizations are recommended for your destination, visit: wwwn.cdc.gov/travel/default.aspx

Washington State Department of Health

Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version**. DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.

- **Do not alter**. We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.

- **For quality reproduction**: Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team