



# Are vaccines safe?

# Yes!

Vaccines are the safest way to get your body's immune system working to fight disease. Vaccines are tested before they're licensed to make sure they're safe and to see how well they protect people against disease. Vaccines are also monitored for side effects after they're licensed.

Vaccines, like any medication, can cause side effects. Some people may have mild side effects, like soreness where a shot was given, or a slight fever. Severe vaccine reactions are rare. The benefits of preventing disease far outweigh the risk of a severe reaction to a vaccine.



## Traveling out of the country?

You may need other vaccines to protect yourself against diseases that are not common in the U.S.

Find more information at:  
[www.cdc.gov/travel](http://www.cdc.gov/travel)



## Where to get vaccinated?

- Your healthcare provider's office
- Your local pharmacy, and
- Some local health departments:  
[www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)

For help finding an immunization provider, call the Family Health Hotline at 1-800-322-2588.

## Need more information?

Check out these organizations:

- Washington State Department of Health:  
[www.doh.wa.gov/Immunization](http://www.doh.wa.gov/Immunization)
- Immunization Action Coalition of Washington: [www.immunizewa.org](http://www.immunizewa.org)
- Centers for Disease Control and Prevention: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
- U.S. Department of Health and Human Services: [www.vaccines.gov](http://www.vaccines.gov)



If you have a disability and need this document in another format, please call 1-800-525-0127  
TDD/TTY call 711. DOH 348-105 March 2013

# VACCINES for adults



## A pathway to health

# Why do adults need immunizations?



Diseases that vaccines prevent have no age limits – you can get them at any time in your life.

Some diseases are more common in adults and may cause life-threatening health problems.

Some adults were never immunized as children.

Getting immunized protects you and prevents the spread of disease to your family.



Most health plans cover recommended immunizations. Check with your insurance plan or healthcare provider.

## Which immunizations do **adults** need?



Your age, health conditions, job, and lifestyle determine which immunizations you need. Talk with your healthcare provider to find out more about these recommendations:

**Chickenpox:** Two doses for adults who have not had chickenpox disease.

**Flu:** One dose each year for all adults.

**Hepatitis A:** Two doses for adults with certain health conditions, jobs, or lifestyles that put them at higher risk for the disease. Ask your healthcare provider if you should get vaccinated.

**Hepatitis B:** Three doses for adults with certain health conditions, jobs, or lifestyles that put them at higher risk for the disease. Ask your healthcare provider if you should get vaccinated.

**Human Papillomavirus:** Three doses for women aged 19-26 years and men aged 19-21 years, who did not get the vaccine at a younger age. Men aged 22 through 26 years may also be vaccinated.

**Measles, Mumps and Rubella:** Two doses for anyone born after 1956.

**Meningococcal:** One dose for college freshmen living in dorms, adults with a damaged or

removed spleen, people with HIV, military recruits, and some international travelers. Some people may need more than one dose.

**Pneumococcal:** All adults aged 65 and older need a single dose. Adults under age 65 with certain health conditions, job, or lifestyle that put them at higher risk for the disease should also get the vaccine. Some adults may need more than one dose. Ask your healthcare provider if you should get the vaccine.

**Shingles:** One dose for adults 60 years of age and older, whether or not they have had shingles or chickenpox, which is caused by the same virus.

**Tetanus, diphtheria, pertussis (Tdap)/ Tetanus diphtheria (Td):** All adults should get a dose of Tdap vaccine once, then a tetanus booster (Td) every 10 years. Pregnant women should get a dose of Tdap vaccine during each pregnancy to protect babies from pertussis (whooping cough).

Adults + Vaccines = a happy and healthy life. Get vaccinated!