








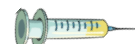


















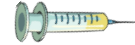








# COMMUNITY IMMUNITY starts with YOU

Vaccines aren't just for children. As adults, we can stay healthy by following this recommended immunization schedule.

## ADULT VACCINES

Vaccine Name	Age Group	Number of Doses per Lifetime
Influenza (Seasonal Flu)	19 & over	 Annually
Tetanus, diphtheria, pertussis (Td/Tdap)	19 & over	 Plus Td booster every 10 years
Varicella (Chickenpox)	19 & over	 
Human papilloma Virus (HPV) Female	19 - 26	  
Human papilloma Virus (HPV) Male	19 - 21	  
	22 - 26 (with risk factors)	  
Zoster (Shingles)	60 & over	
Measles, mumps, rubella (MMR)	All adults born after 1956	 OR  
Pneumococcal 13-valent conjugate (PCV13)	19 - 64 (with risk factors)	
	65 & over	 PCV13 should be given before PPSV23. See back page.
Pneumococcal polysaccharide (PPSV23)	19 - 64 (with risk factors)	 OR  
	65 & over	
Meningococcal	19 & over (with risk factors)	 or more
Hepatitis A	19 & over (with risk factors)	 
Hepatitis B	19 & over (with risk factors)	  
Haemophilus influenza type B (Hib)	19 & over (with risk factors)	 OR   



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# VACCINE INFORMATION

<b>Influenza (Seasonal Flu)</b>	Flu is spread mainly by coughing, sneezing, and close contact and usually reaches a peak during the months of October through May. The flu can make people 65 and older, pregnant women, and adults with certain health conditions much sicker than other adults. All adults should get this shot every year.
<b>Tetanus, diphtheria, pertussis (Td/Tdap)</b>	Tdap safely protects against 3 dangerous diseases: tetanus, diphtheria, and whooping cough (also called pertussis). Whooping cough has been increasing in California and continues to be on the rise.
<b>Varicella (Chickenpox)</b>	Chickenpox can be serious in adults by causing problems such as skin infection, pneumonia, or brain damage. Adults who are not fully vaccinated, and never had chickenpox, should receive one or two doses of chickenpox vaccine.
<b>Human papilloma Virus (HPV) Female</b>	This 3-shot vaccine series is recommended for females through age 26 to protect them from cervical cancer of the cervix (a part of their reproductive system) later in life.
<b>Human papilloma Virus (HPV) Male</b>	This 3-shot vaccine series is recommended for males through age 21 (or through age 26 if they have certain risk factors) to protect them from genital warts or cancers of the penis, anus, or oropharynx (back of the throat) later in life.
<b>Zoster (Shingles)</b>	Anyone who has had chickenpox may develop shingles. Shingles is a painful rash on one side of the face or body. The shingles vaccine is recommended for adults age 60 and older.
<b>Measles, mumps, rubella (MMR)</b>	The MMR vaccine protects against 3 diseases: measles, mumps, and rubella. These diseases spread from person to person through the air. You can easily catch them by being around someone who is already infected if you are not immunized.
<b>Pneumococcal 13-valent conjugate (PCV13)</b>	PCV13 is recommended for all adults 65+ and for adults with certain risk factors. This disease can result in several illnesses including ear infections and meningitis. Adults 65+ without a pneumococcal vaccine history should receive 1 dose of PCV13 followed by 1 dose of PPSV23 6-12 months later. Adults who have already received PPSV23 while 65+ should get 1 dose of PCV13 at least 1 year after the PPSV23 shot. Adults 65+ who received PPSV23 before 65 should get 1 dose of PCV13 at least 1 year after the PPSV23 shot, followed by 1 dose of PPSV23 6-12 months later.
<b>Pneumococcal polysaccharide (PPSV23)</b>	This disease can cause infections in the lungs and blood. Adults at greater risk for this disease include adults 65 and older, adults with weakened immune systems and other health problems, and smokers.
<b>Meningococcal</b>	Meningococcal meningitis is easily spread by kissing, sharing drinks, coughing, or sneezing. This disease can cause an otherwise healthy adult to lose an arm or leg, become paralyzed, or die.
<b>Hepatitis A</b>	Hepatitis A is a serious liver disease that can cause flu-like illness. Adults at risk need 2 doses of this vaccine for lasting protection.
<b>Hepatitis B</b>	Hepatitis B is a liver disease that can cause lifelong infection, scarring of the liver, liver cancer, liver failure, and death. This is a 3-dose vaccine series.
<b><i>Haemophilus influenza</i> type B (Hib)</b>	This vaccine may be given to adults before surgery to remove the spleen or after a bone marrow transplant. It may also be given to anyone with certain health conditions such as sickle cell disease or HIV/AIDS.

**Adults should visit their doctor or health care provider to get their shots and to discuss any risk factors. Some local pharmacies and Health Departments may also offer vaccines. For detailed information on all vaccines, patients should contact their doctor.**

*The recommendations in this schedule were adapted from those approved by the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American College of Physicians, American College of Obstetricians and Gynecologists and American College of Nurse-Midwives.*

