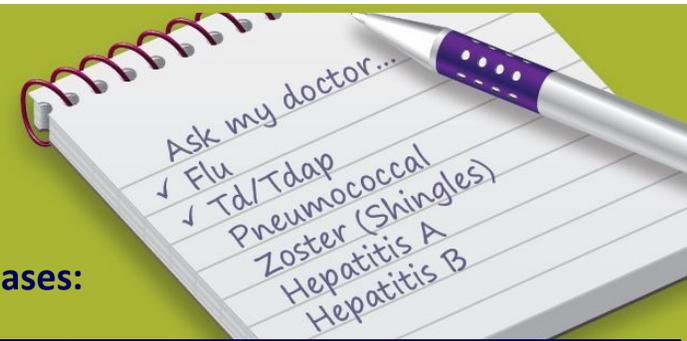


ADULT IMMUNIZATIONS

ARE YOU PROTECTED?



If you are 65 or older, the CDC recommends getting vaccinated against these diseases:

Flu	Pneumococcal Disease	Shingles	Tdap (Tetanus, Diphtheria & Pertussis)	Hepatitis B	Hepatitis A
<p>Adults 65 years and older are at a 6x higher risk of dying from flu related complications. Influenza can become severe, even in healthy people and its complications can lead to hospitalization or death.</p> <p>It is especially important for a person with long-lasting health problems such as diabetes, asthma, sickle cell, lung, heart, liver or kidney disease, or a person who is living with or caring for a person at high risk to receive the flu vaccine every year.</p>	<p>All adults 65 years and older need both Pneumovax 23 and Prevnar 13 vaccines.</p> <p>Pneumococcal disease can cause pneumonia, meningitis, and bloodstream infections which can lead to seizures, blindness, paralysis, and serious heart problems.</p> <p>Certain chronic conditions like diabetes, heart disease and lung disease (like COPD) can increase your risk of invasive pneumococcal disease.</p> <p>It can kill one in every 4 to 5 people over age 65 who get it.</p>	<p>Adults 50 years and older need the Shingles vaccine to reduce their risk of getting shingles or at least reduce the risk of long lasting nerve pain.</p> <p>About 1 in 3 people will get Shingles in their lifetime. And if you've had the chickenpox, the Shingles virus is already inside you. As you age your risk becomes greater.</p> <p>There is a new 2 dose vaccine available, so if you have only had one dose you should ask your health care provider if you need additional doses.</p>	<p>The U.S. has had whooping cough outbreaks in recent years in which infants have died. Adults are the most common source of infection for infants.</p> <p>An adult should get 1 dose of Td (tetanus and diphtheria) vaccine every 10 years. For adults who did not get Tdap as a preteen/teen, one dose of Tdap should be given instead of Td to boost protection against whooping cough. Adults who need protection against whooping cough can get Tdap vaccine at any time, regardless of when they last received Td.</p>	<p>Hepatitis B is a serious disease caused by a virus that attacks the liver. Due to this fact, adults who have diabetes, acute or chronic liver diseases (including those with Hepatitis C virus), and/or those who receive dialysis should be vaccinated.</p> <p>People living with type I or II diabetes mellitus have a higher rate of Hepatitis B than the general population.</p>	<p>Hepatitis A is a serious liver disease caused by a virus. The virus is found in the feces (poop) of an infected person. You can get hepatitis A by eating contaminated food or water, having sex with an infected partner, use of illegal drugs, living with an infected person, and traveling or working outside of the U.S. You are more likely to have severe illness if you have chronic liver disease.</p> <p>Vaccination is the best way to prevent hepatitis A.</p>