# YOU NEVER OUTGROW YOUR NEED FOR

## vaccines

Diseases do not have age limits. Vaccines are not just for kids - adults need protection too!

Talk to your healthcare provider about immunizations today.

# Immunization Program

#### FOR MORE INFORMATION

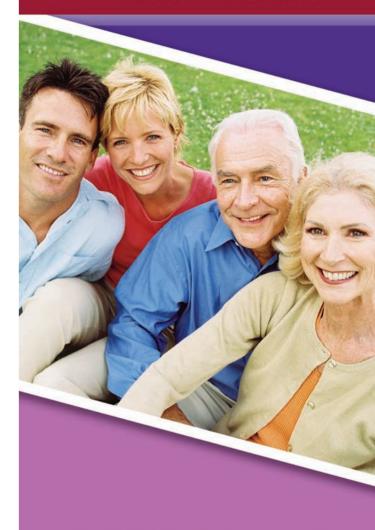
If you have questions, please call your healthcare provider or the lowa Department of Public Health at 1–800–831–6293

For additional information on vaccines and diseases please visit:

www.idph.state.ia.us/adper/immunization.asp www.immunize.org • www.cdc.gov/nip www.vaccine.chop.edu • www.aap.org

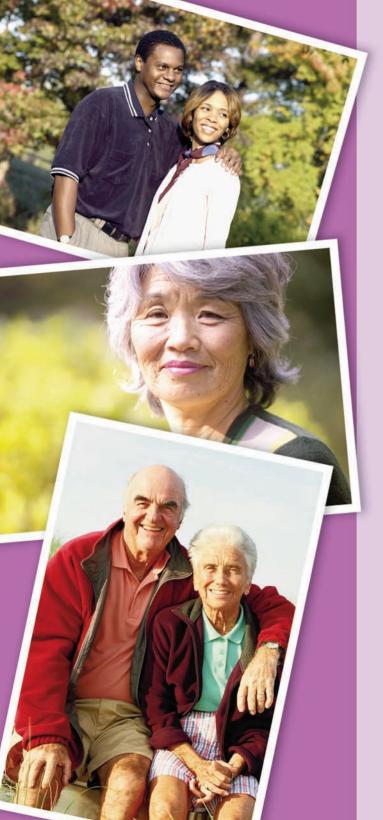
# Better Life

### Adult Immunization





Immunization Program



## RECOMMENDED VACCINES FOR ADULTS INCLUDE:

#### Influenza

Influenza is a highly contagious disease with symptoms that may include fever, chills, headaches, sore throat, dry cough, runny nose and body aches. People of any age, especially those over 50, should receive the flu vaccine annually. It is important to be vaccinated each year because the influenza virus strains change each year, and the vaccine is made to match the current strains. Vaccination against influenza can begin in early fall and continue through December or later. You cannot get influenza from the vaccine.

#### Pneumococcal

Everyone 65 years of age or older should receive a single dose of pneumococcal vaccine. People younger than 65 years of age with certain health conditions may also need to be vaccinated.

#### Tetanus, Diphtheria, Pertussis (whooping cough)

Adults should routinely receive a tetanus, diphtheria (Td) booster every 10 years. Tetanus, diphtheria, and acellular pertussis (Tdap) vaccine is recommended to protect adults against whooping cough. Current recommendations indicate that you should receive a single dose of Tdap vaccine.

#### Measles-Mumps-Rubella (MMR)

Two doses of MMR vaccine are routinely recommended for protection. Some adults may have had these diseases as a child, and may not need vaccine. Talk to your healthcare provider regarding your need for vaccination.

#### Varicella (Chickenpox)

If you have not had chickenpox disease you should be vaccinated against it. Two doses of vaccine are needed for full protection.

#### SOME ADULTS ALSO NEED:

#### **Hepatitis A**

Hepatitis A is spread when someone eats food or drinks water contaminated with the virus or has close contact with a person who has the hepatitis A virus. Good hygiene practices may decrease risk; however, vaccination is the best protection against the hepatitis A virus.

#### **Hepatitis B**

Hepatitis B is a liver disease that is spread by contact with blood or body fluids of a person who has hepatitis B. Three doses of vaccine are needed for protection against hepatitis B.

#### Meningococcal

Meningococcal disease is an infection of the brain and spinal cord coverings. Adults who travel to some areas outside of the U.S. or who have certain health conditions may be at increased risk. College freshmen, especially those living in dorms, are slightly more at risk than the general population.

#### **Human Papillomavirus (HPV)**

The HPV vaccine protects against four of the most common types of human papillomavirus which are responsible for 70% of cervical cancers and 90% of genital warts. Talk with your healthcare provider about HPV vaccination.

#### **Zoster/Shingles**

Adults age 60 years and older should routinely be vaccinated against Zoster (also known as shingles). Zoster is a disease that causes a painful rash and may lead to long-term nerve pain. Age and problems with the immune system may increase your risk of getting shingles. Talk with your health care provider about vaccination.

#### IMMUNIZATION RECORDS

It is important to maintain immunization records in a safe place. Proof of immunizations may be necessary throughout life. The lowa Department of Public Health does not maintain historical paper immunization records. However, immunization records can be entered into a permanent statewide electronic database called lowa's Immunization Registry Information System (IRIS). Talk with your healthcare provider about entering your immunization record into IRIS.