

# ADULT VACCINATION

**Vaccinations are not just for kids!** You may not realize that there are a number of vaccines recommended throughout adulthood to protect your health.



**Protect yourself and your relatives, stay up to date with your vaccines!**

**Vaccines are an important part of your health.** Getting vaccinated is also an important step of protecting your community—the more people who are vaccinated, the harder it is for disease to spread. **Stay up-to-date so we can continue practicing our traditions.**

## Here are some reasons why you should get vaccinated...

### Adults may be at risk for serious diseases that are still common in the United States

Even if you were vaccinated as a child, the protection can wear off. You may be at risk due to your health condition, job, lifestyle, or travel.

### Most adults are not up to date on their vaccinations

Every year, more than 50,000 American adults die due to diseases that would be prevented through immunization.

### Adults can't afford to get sick

Illness prevents you from engaging in your responsibilities such as attending work, school, or caring for your loved ones.

### Vaccines protect your relatives

Vaccines help prevent the spread of illness, especially to infants, elderly, and immunocompromised relatives.

### Vaccines protect pregnant women and their babies

Women who receive the Tdap and influenza vaccine during pregnancy protect themselves and their baby from influenza and pertussis (whooping cough) and influenza-related preterm birth.

### Vaccines reduce risks associated with other health conditions

Vaccines are recommended based on age and health condition. Some chronic diseases like diabetes, cardiovascular disease, and lung disease increase a person's risk of severe illness from a vaccine-preventable disease.

### Vaccines prevent serious complications from vaccine preventable diseases

Vaccines stimulate the body's natural defenses to prevent certain diseases and reduce the chance of severe disease.

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## Recommended Vaccinations for Adults



Disease and the vaccines that help prevent them	How the disease may affect you
<b>COVID-19</b> COVID-19 vaccine	COVID-19 causes fever, chills, cough, shortness of breath, fatigue, body aches, headache, loss of taste or smell, sore throat, congestion, nausea, vomiting, diarrhea. The COVID-19 vaccine can prevent serious illness, hospitalization, and death.
<b>Influenza ("Flu")</b> Seasonal influenza vaccine	Influenza causes fever, chills, cough, headache, congestion, sore throat, body aches, fatigue, vomiting, diarrhea. Serious illness leads to pneumonia, worsening chronic health diseases, hospitalization, or even death.
<b>Hepatitis A</b> Hep A vaccine	Hepatitis A causes fever, vomiting, diarrhea, upset stomach, loss of appetite, abdominal pain, yellowing of eyes or skin, fatigue, joint pain. Hep A is a serious liver disease spread from the stool or blood of people who are infected.
<b>Hepatitis B</b> Hep B vaccine	Hepatitis B causes flu-like symptoms along with loss of appetite, weakness, yellowing of skin or eyes, dark urine, however there also may be no symptoms.
<b>Human Papillomavirus (HPV)</b> HPV vaccine	HPV is a sexually transmitted infection that can cause genital warts and lead to cervical or other cancers. You can protect yourself by getting the HPV vaccine and practicing safe sex.
<b>Measles</b> MMR vaccine	Measles causes fever, rash, congestion, and cough. Disease complications can lead to ear infections, pneumonia, and swelling in the brain due to infection. There is no treatment to rid an existing measles infection.
<b>Meningococcal disease</b> Meningococcal vaccines	Meningococcal disease is a rare, serious illness that can cause meningitis or blood infection. Serious infection causes brain damage, seizures, strokes, or death.
<b>Pneumococcal disease</b> Pneumococcal vaccines	Pneumococcal diseases including pneumococcal pneumonia, bacteremia, and meningitis can cause fever, chills, difficulty breathing, earache, cough. Complications can lead to serious infections of lungs, sinuses, middle ear, heart problems, brain damage, and even death.
<b>Shingles</b> Zoster vaccine	Shingles leads to a painful rash that can blister and scab over as well as headaches, fever, chills, and upset stomach. Shingles rashes can cause lingering nerve pain for months or years.
<b>Tetanus</b> Td/Tdap vaccines	Tetanus causes painful muscle spasms and stiffness, lockjaw, difficulty swallowing or breathing, and fever. Serious illness can lead to broken bones, breathing difficulty, and even death.
<b>Whooping Cough (Pertusis)</b> Tdap vaccines	Whooping cough leads to persistent cold symptoms, violent coughing, difficulty breathing. Symptoms can lead to rib fractures, pneumonia, and even death. Pertusis is highly contagious and particularly dangerous if transmitted to infants.

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## Recommended Vaccinations for Adults

Vaccine	19-26 years	27-49 years	50-64 years	65+ years
COVID-19	1 (bivalent) vaccine, regardless of completion of primary series. Certain populations may qualify for 2nd bivalent vaccine.			
Influenza (Flu)	1 dose annually			
Hep A	2, 3, or 4 doses depending on vaccine			
Hep B	2, 3, or 4 doses depending on vaccine or condition			
HPV	2 or 3 doses depending on age at initial vaccination			
Measles (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Meningococcal	1, 2, or 3 doses depending on vaccine and indication			
Pneumococcal	1 or 2 doses depending on vaccine			1 or 2 doses
Shingles (Zoster)	2 doses		2 doses	
Tetanus, Pertusis (Td or Tdap)	1 dose Tdap, then Td or Tdap booster every 10 years			

Recommended vaccine for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection.

Recommended vaccine for adults with an additional risk factor or another indication.

Recommended vaccine based on shared clinical decision-making.

No recommendation/Not applicable

### Where can you get vaccinated?

- Local tribal clinic
- Area Indian Health Service clinic
- Pharmacy
- Community health clinics
- State health department



**Make an appointment with your primary care provider today to find out which vaccines you may be eligible for!**

#### Sources:

- Adult Immunization Schedule — Healthcare Providers, Center for Disease Control and Prevention, [www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules)
- Importance of Vaccines, Immunize.org, [www.immunize.org/importance-of-vaccines/](http://www.immunize.org/importance-of-vaccines/)