You Can!

Protect yourself and those around you by staying up to date on your shots.

August is National Immunization Awareness Month. Older adults need to get shots (vaccines) to prevent serious diseases. Protect your health by getting all your shots on schedule.

If you are age 60 or older:
- Get a shot to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months.

If you are age 65 or older:
- Get shots to prevent pneumococcal disease. Pneumococcal disease can include pneumonia, meningitis, and blood infections.

It's also important for all adults to:
- Get a flu vaccine every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.
- Get the Tdap shot to protect against tetanus, diphtheria, and whooping cough. Everyone needs to get the Tdap shot once.
- After you get a Tdap shot, get a Td shot every 10 years to keep you protected against tetanus and diphtheria.

Why do I need to get these shots?

Shots help protect you against diseases that can be serious and sometimes deadly. Many of these diseases are common. Even if you have always gotten your shots on schedule, you still need to get some shots as an older adult. This is because:
- Older adults are more likely to get certain diseases.
- Older adults are more at risk for serious complications from infections.
- The protection from some shots can wear off over time.

Getting your shots also protects other people.

When you get shots, you don't just protect yourself – you also protect others. This is especially important if you spend time around anyone with a long-term health problem or a weak immune system (the system in the body that fights infections).

Ask your doctor which shots are appropriate for you.

Source: U.S. Department of Health and Human Services,
Office of Disease Prevention and Health Promotion
healthfinder.gov

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