



VACCINATION: **THE POWER TO PROTECT.**

Vaccination for Older Adults

Vaccines are especially important for older adults. As you age, your immune system weakens, and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles—and to have complications leading to long-term illness, hospitalization, and even death.

Influenza (flu)

Influenza leads to more than 36,000 deaths and 200,000 hospitalizations each year, and more than 90% of influenza-related deaths occur in patients ages 65 and older. All adults need 1 dose of flu vaccine annually, and there are options for two high-dose vaccines designed specifically for people 65 and older.

Pneumococcal

Pneumococcal disease can cause pneumonia and brain and blood infections. Two vaccines protect against pneumococcal disease—PCV13 (Prevnar 13) and PPSV23— (Pneumovax 23). The CDC recommends that all adults 65 and older have both shots, a year apart, with the Prevnar13 first.

Shingles (Herpes Zoster)

Shingles is a painful rash that develops on one side of the face or body and can last for months. The CDC recommends that everyone age 50 and older get the preferred shingles vaccine—"Shingrix," even if you had the earlier "Zostavax" vaccine, and even if you've already had shingles.

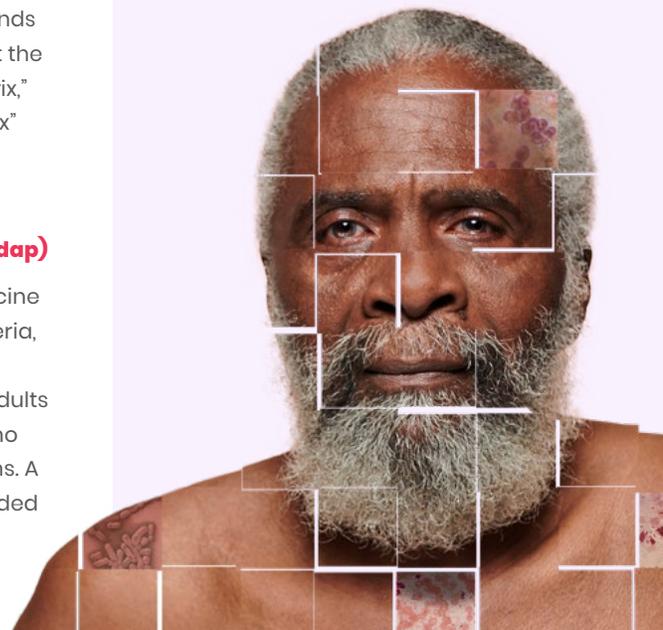
Tetanus-diphtheria-pertussis (Tdap)

Adults need one dose of Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough). Pertussis is on the rise, and older adults can pass this disease to infants who are at greater risk for complications. A tetanus (Td) booster is recommended every 10 years.

Talk to your doctor to learn more about these and other vaccines you may need.

DID YOU KNOW?

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. If you have had chickenpox, then you are at risk for shingles.



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