

# IMMUNIZATION for Older Adults



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## "What vaccines do I need?"

The Centers for Disease Control and Prevention (CDC) recommends that older adults get the following vaccines:

### SHINGLES (HERPES ZOSTER) VACCINE

**One shot reduces the risk of shingles and long-term pain after shingles in adults 60 years old and older.**

- Shingles is a disease that causes a **painful, blistering rash**. One in five people with shingles will have **severe, long-term pain** after the rash heals.
- Shingles is **more common and more serious** in older adults.
- Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.

### PNEUMOCOCCAL VACCINE

**One shot reduces the risk of pneumococcal disease.**

- Pneumococcal disease can cause serious infections of the lungs (pneumonia), the bloodstream (bacteremia), and the covering of the brain (meningitis).
- Pneumococcal disease is one of the most common causes of vaccine-preventable death in the U.S. and is particularly dangerous for older adults.

### INFLUENZA (FLU) VACCINE

**Get the flu vaccine every year to avoid getting the flu and spreading it to loved ones.**

- Every year in the U.S., an average of 36,000 people die from the flu. Most of these deaths are among adults 65 years old and older.

### TETANUS, DIPHTHERIA, PERTUSSIS (Tdap) VACCINE

**One shot of Tdap vaccine reduces the risk of getting potentially deadly infections and the risk of spreading some of these infections to others.**

- Pertussis, also called whooping cough, can be a serious—even deadly—disease in babies. Parents and grandparents can be ill with whooping cough for months and can pass the infection to babies too young to be vaccinated.
- Tetanus is a severe, painful infection. Most of the deaths from tetanus are among older adults.
- Adults less than 65 years of age should receive a dose of Tdap vaccine in place of one of their 10-year tetanus booster shots.

SHINGLES (HERPES ZOSTER) ■ PNEUMOCOCCAL DISEASE ■ INFLUENZA (FLU) ■ TETANUS ■ DIPHTHERIA ■ PERTUSSIS

**ATTENTION OLDER ADULTS! Vaccines are not just for kids!**

Many people think that only young children need to get vaccinated. However, **THOUSANDS OF OLDER ADULTS** die or have serious complications each year from vaccine-preventable diseases.

### FOR MORE INFORMATION

visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

call **800-CDC-INFO (800-232-4636)**  
**IN ENGLISH / EN ESPAÑOL — 24/7**

or ask your healthcare provider.

**Protect yourself and your loved ones  
against these illnesses by  
getting vaccinated.**