Be Wise – ImmuNYze!

Adults need vaccines too!

Whether you're 18 or 81, you need vaccines throughout your life to stay healthy. Talk to your doctor to make sure you are getting your vaccinations. Your doctor might ask certain questions about your medical history and lifestyle. These questions will help your doctor decide what vaccines are best for you.

Be the example for your friends, family and neighbors!

When you receive a vaccination you are protecting yourself but also those you love. These vaccinations can keep you healthy and even add years to your life! Encourage family, friends and neighbors to check with their doctors about what vaccinations they may need. When family and friends get vaccinated, diseases cannot spread as much.

Together, we can keep others from getting sick. Be the example and talk to your doctor about vaccines.

Be Wise.
ImmuNYze!

Follow us on Facebook at
www.facebook.com/immunyze
www.immunyze.org

County Health Officials of New York

The Campaign to ImmuNYze all New Yorkers is an initiative of the County Health Officials of New York (NYSACHO) to bring together patients, parents, providers and campaign partners to heighten awareness of the need to immunize throughout life—from infancy to senior years.

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THE CAMPAIGN TO

IMMUNYZE

ALL NEW YORKERS

Be Wise.
ImmuNYze!

Brought to you by
County Health Officials of New York
www.nysacho.org
www.immunyze.org
and
New York State Academy of Family Physicians

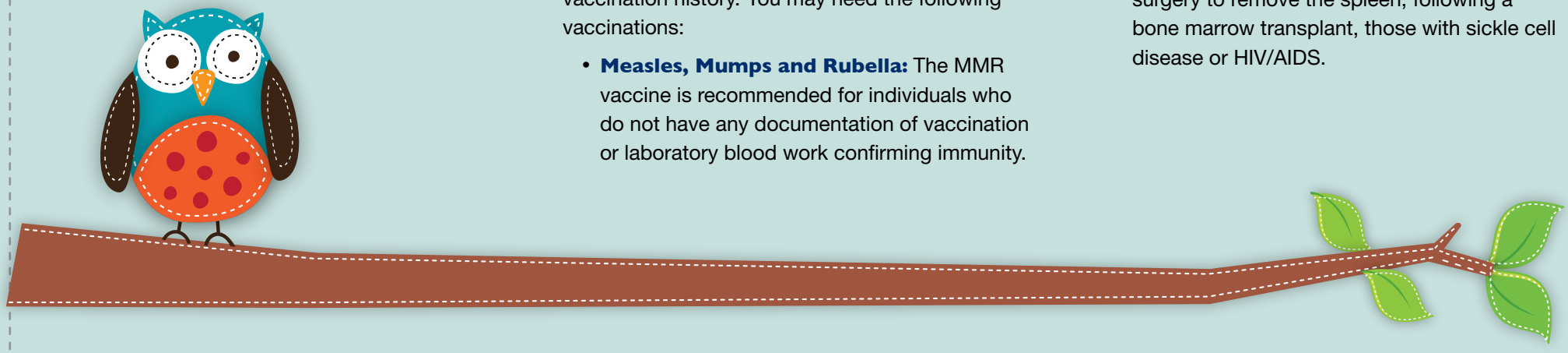
What immunizations do I need?

These vaccines can protect you during your adult life. It is important to discuss your medical history, childhood vaccines, and certain medical conditions with your doctor.

- **Seasonal Flu:** All adults should receive the flu vaccine every year.
- **Tetanus, Diphtheria and Pertussis:** The Td vaccine is a combination of tetanus and diphtheria. All adults should receive a Td booster every 10 years or after a severe or dirty wound or burn. The Tdap vaccine combines tetanus, diphtheria and pertussis. Pertussis is also known as **whooping cough**. Pregnant women in each of their pregnancies should receive the Tdap vaccine between 27 and 36 weeks to pass immunity to their child. Adults may also receive the Tdap booster. This is important to protect babies and young children, such as grandchildren, nieces and nephews, and neighbors, from pertussis.
- **Varicella Zoster Virus:** Also known as shingles. If you had chickenpox you are at risk for developing **shingles**. The zoster vaccine is recommended for adults aged 60 years and older.
- **Pneumococcal Pneumonia:**

  PCV13 and PPSV23: There are two vaccines currently recommended depending on your vaccine history, age and medical conditions. Please consult with your doctor to determine which vaccines you need and when you need them.
- **Human papillomavirus (HPV):** The HPV vaccine is recommended for women up to age 26 and for men up to age 21. Immunocompromised (including those HIV positive) and men who have sex with men (MSM) can receive the vaccine through age 26.

Were you vaccinated as a child?

Some adults may not have received all of their childhood vaccines. Talk to your doctor or health care provider if you are unsure about your vaccination history. You may need the following vaccinations:

- **Measles, Mumps and Rubella:** The MMR vaccine is recommended for individuals who do not have any documentation of vaccination or laboratory blood work confirming immunity.
- **Varicella:** Also known as chickenpox. The **chickenpox** vaccine is recommended for adults who are not previously vaccinated and do not have any documentation of vaccination or laboratory blood work confirming immunity.
- **Meningococcal:** The meningitis vaccine is highly recommended for college aged students, military personnel, those with damaged or removed spleens, terminal complement deficiency and international travelers.
- **Hepatitis A:** This vaccine is recommended for adults who live in communities with high rates of hepatitis A, men who have sex with men (MSM), use street drugs, are an international traveler or have long-term liver disease.
- **Hepatitis B:** The hepatitis B is recommended for adults who are not previously vaccinated and do not have any documentation of vaccination or laboratory blood work confirming immunity.
- ***Haemophilus influenzae* type b (Hib):** This vaccine might be given to adults before surgery to remove the spleen, following a bone marrow transplant, those with sickle cell disease or HIV/AIDS.