



An important announcement from
Delaware County Intercommunity Health

Vaccinations for Adults

You're NEVER too old to get immunized!

Recommended Adult Immunization Schedule from the Centers for Disease Control

| Vaccine Age ▶ ▼ | 19–49 years | 50–64 years | 65 years & older |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------|
| Influenza | You need a dose every fall (or winter) for your protection and for the protection of others around you. | | |
| Pneumococcal | You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions.* | | You need 1 dose at age 65 (or older) if you've never been vaccinated. |
| Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap) | Be sure to get a 1-time dose of “Tdap” vaccine (the adult whooping cough vaccine) if you are younger than age 65 years, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound. | | |
| Hepatitis B (HepB) | You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months. | | |
| Hepatitis A (HepA) | You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart. | | |
| Human papillomavirus (HPV) | You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months. | | |
| Measles, mumps, rubella (MMR) | You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.* | | |
| Varicella (Chickenpox) | If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.* | | |
| Meningococcal | If you are going to college and plan to live in a dormitory, or have one of several medical conditions*, you need to get vaccinated against meningococcal disease. You may also need additional booster doses.* | | |
| Zoster (shingles) | | | If you are age 60 years or older, you should get this vaccine now. |

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Do you travel outside the United States? If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit CDC's website at www.cdc.gov/travel or call (800) CDC-INFO ([800] 232-4636). You may also consult a travel clinic or your healthcare provider.

For more information, please visit:

<http://www.co.delaware.pa.us/intercommunity/> or

<http://www.cdc.gov/>