

# Vaccines.....

## Adults Need Them, Too!

### Influenza

Adults need a flu vaccine annually, especially if pregnant, elderly or have chronic medical conditions such as diabetes.

### Tetanus

This vaccine should be given after age 19 and repeated every 10 years.

### Chicken Pox

Also known as varicella, adults should receive this vaccine and a booster if they have not already had the disease.

### Human Papilloma Virus (HPV)

Both men and women should have this vaccine series (3 doses) between ages 19 and 26.

### Zoster

Also known as shingles, this single dose vaccine can prevent a very painful rash that could lead to permanent nerve damage. Adults should receive this vaccine at age 60, even if they have had the chickenpox.

### Pneumonia

Adults should receive 1 dose of this vaccine at age 65 to prevent the most common form of pneumonia.

### Measles, Mumps and Rubella

While many of us received this vaccine as children, adults need a booster between ages 19 and 55 to maintain their protection.

*\*Check with your doctor or health care provider before receiving any vaccine.*

*Source: Centers for Disease Control and Prevention*



Go to Church Health Reader for more suggestions on vaccines: [www.chreader.org](http://www.chreader.org)