Adults Should Get Vaccines Too

Vaccines aren't just for kids – adults get them too

Even if you feel healthy, adults' immune systems naturally weaken with age, increasing their risk for certain infectious diseases.

For example, influenza and pneumonia, including pneumococcal pneumonia, are a leading cause of death in the U.S.

Get informed about your personal risk

In addition to having an aging immune system, certain underlying conditions can increase risks among adults.

Because of these risks, it is important for adults to be mindful of aging in a healthy way

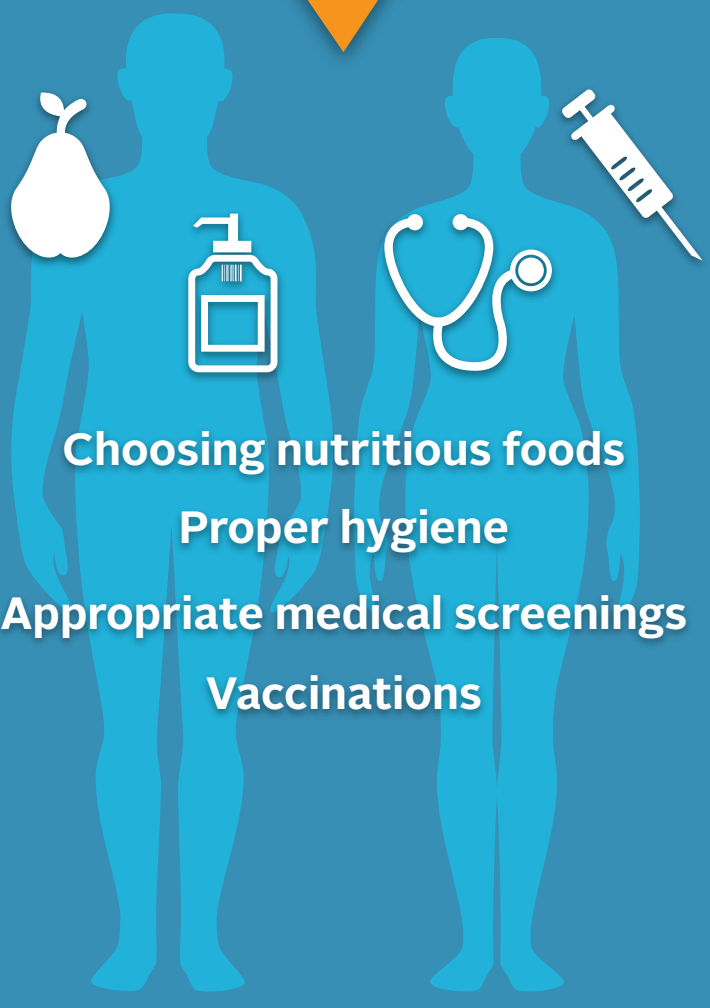
VACCINES
CAN HELP PREVENT DEADLY DISEASES

VACCINES WORK BY TEACHING THE BODY'S IMMUNE SYSTEM TO RECOGNIZE AND DEFEND AGAINST HARMFUL VIRUSES OR BACTERIA BEFORE GETTING AN INFECTION

THERE MAY BE ADDITIONAL VACCINES RECOMMENDED FOR ADULTS WITH CERTAIN CONDITIONS, INCLUDING THOSE WITH:

- DIABETES
- HEART DISEASE
- HIV INFECTION
- LIVER DISEASE
- COPD OR ASTHMA

IT'S IMPORTANT FOR ADULTS TO TAKE APPROPRIATE STEPS THAT AID THEM IN HEALTHY AGING, SUCH AS:



Choosing nutritious foods

Proper hygiene

Appropriate medical screenings

Vaccinations

ADULTS SHOULD TALK TO THEIR HEALTH CARE PROVIDERS ABOUT WHICH VACCINES THE CDC RECOMMENDS FOR THEM. THE VACCINES MAY INCLUDE:

- ? INFLUENZA
- ? TETANUS, DIPHTHERIA & PERTUSSIS
- ? HUMAN PAPILLOMAVIRUSES
- ? PNEUMOCOCCAL (INCLUDING PNEUMONIA)
- ? SHINGLES
- ? HEPATITIS B

Talk to your doctor about whether you are up to date on your vaccinations.

If you are an adult, factors including your age, your job, lifestyle, travel or health conditions can put you at higher risk for certain vaccine-preventable diseases.

Pfizer

PSA779008-01