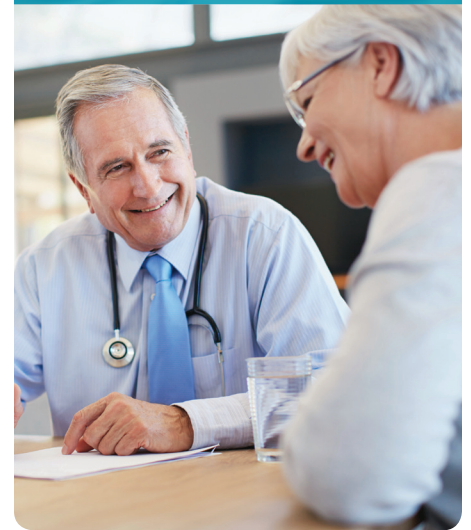


Adult Vaccines



Talk to Your Doctor

Your doctor is your best source for information about vaccines. Which vaccines are right for you depend on your age, other health conditions you have (including pregnancy) and where you travel.



Which Vaccines You Need to Protect Your Health

Vaccines work with your immune system to help protect you from infections and disease. As you age, you're more at risk of certain health conditions because your immune system isn't as strong as it used to be. And if you do get sick, the symptoms can be more serious than when you were younger.

Three types of vaccines are especially important for older adults, including:

Influenza Vaccine—The flu vaccine is recommended for all ages every year, and there are special vaccines for adults over age 65. You need the vaccine every year because the flu virus changes over time.

Zoster or Herpes Zoster Vaccine—This vaccine protects against shingles. It's one dose and is recommended for all adults age 60 and older. Shingles causes rash, blisters and severe pain.

Pneumococcal Vaccines—Recommendations recently changed for pneumonia vaccines. Even if you already received one vaccine, you may still need another. Talk to your doctor about the vaccination schedule that's right for you.

- ◆ **Pneumococcal conjugate or PCV13:** You need one dose of this vaccine if you are age 65 or older and didn't receive it at a younger age. It's best to get this one before the PPSV23 vaccine (see below). Wait at least 12 months if you receive the PPSV23 first.
- ◆ **Pneumococcal polysaccharide or PPSV23:** If you are age 65 or older, you need one dose of this vaccine, ideally 12 months after receiving the PCV13 vaccine (see above).