 **Adults Need Immunizations Too**

Your need for immunizations doesn't end when you reach adulthood. Maintain protection against vaccine-preventable diseases for your health and for your family's health. Be the example!

Immunizations are not just for kids. Whether a young adult, middle-aged adult, or senior citizen, all people need immunizations to keep them healthy. Transitioning to adulthood brings people into a new world, bringing a different level of responsibility that they carry for life, including the need to help protect loved ones more than ever.

**Do you need any vaccines?**

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain protection against

* **Seasonal influenza (flu)**—Anyone who is 6 months of age or older can benefit from the protection of a flu vaccination
* **Tetanus, diphtheria, and pertussis (whooping cough)**—For adults up to 64 years, and for adults 65 years and older who will have close contact with infants and have not previously received the Tdap vaccine
* **Shingles**—For adults 60 years and older
* **Pneumococcal disease**—For adults 65 years and older and adults with specific health conditions
* **Human papillomavirus infection (HPV)**—For women 26 years and younger

Other vaccinations you might need include those that protect against hepatitis A, hepatitis B, chickenpox (*varicella*), and measles, mumps and rubella.

**Are you an advocate for your family?**

As adults, the need for immunization remains just as strong as when you were a child. Adults must continue to maintain their own health because they are also affecting the health of their families by teaching them how to care for themselves.

Accept responsibility by encouraging other adults in your family to check with their doctors for immunizations they may need to enable and maintain protection against vaccine-preventable diseases. Childhood vaccinations will not protect you for the rest of your life.

Remind your family, friends, coworkers, and those in the community to get vaccinated each year against seasonal influenza. If they are up-to-date on all of their vaccinations, they protect themselves and those around them, especially babies who are too young to be vaccinated.

Source: Centers for Disease Control and Prevention. (Updated 2012, October 29). *Adults need immunizations, too*. August 2, 2013, from <http://www.cdc.gov> from Anthem EAP

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