FOR PATIENTS

Importance of Adult Vaccinations



Every year, many people contract diseases that may have been prevented by vaccinations.[1]

Vaccination can help prevent certain diseases

- Vaccines play a vital role in lowering your risk of getting **vaccine-preventable diseases**. The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses.[2]
- According to the National Health Interview Survey, as of 2022, many adults in the US remained **unprotected against vaccine-preventable diseases.**[3]

Vaccination provides benefits even in cases where the vaccine does not fully prevent illness

- Flu vaccination has been shown in several studies to **reduce the severity of illness** in people who get vaccinated but still get sick.[4]

Vaccines are important for older adults and those with chronic conditions.

As we get older, our **immune systems weaken**, and it can be more difficult to fight off infections.[5]

Protection provided by certain **vaccines may fade** and require a booster or additional vaccine in adulthood.[6]

Adults with chronic health conditions such as **diabetes, heart conditions, COPD, and asthma** are at **increased risk of complications** from certain vaccine-preventable diseases, such as flu and COVID-19.[7-9]

Check which vaccines you may need.

View the CDC's Recommended Immunizations for Adults (Ages 19+) and bring it to your next doctor's visit.

Scan or visit:
https://www.cdc.gov/vaccines/imz-schedules/downloads/adults-schedule-easy-read.pdf

Consider vaccination to help protect yourself.

Talk to your healthcare provider to learn more about how you can help protect yourself from the spread of vaccine-preventable diseases.

CDC=Centers for Disease Control and Prevention; COPD = chronic obstructive pulmonary disease.

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