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## Healthy Insights

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### Vaccines are not just for children!

All adults need vaccines to protect against serious diseases like whooping cough, the flu, pneumonia and shingles. Here's why:

- Many adults may no longer be protected by vaccines received in childhood, or may not have been fully immunized as a child.
- Booster doses for some vaccines are recommended.
- For adults with diabetes, some illnesses—like flu—can make it difficult to control blood sugar.



Ask your doctor about the vaccines you need to protect yourself and others from serious diseases and infections. In addition to the flu, pneumonia, shingles and Tdap (for tetanus, diphtheria, and pertussis) vaccines, your doctor may recommend other vaccines depending on your age, medical conditions, lifestyle, or travel habits.

### Vaccine-preventable diseases are still a threat.

- Vaccination is your best protection. While many serious diseases are no longer common in the United States thanks to vaccines, these diseases still exist and can spread when people aren't vaccinated.
- This year's measles outbreaks are a key reminder of how quickly diseases can spread when people aren't vaccinated.
- Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Adults can die from these diseases.
- By getting vaccinated, you can help protect yourself from serious, sometimes deadly, diseases.

#### Talk to your doctor about getting immunizations to protect you against

- ▶ Influenza (flu)
- ▶ Pneumonia
- ▶ Herpes-zoster (shingles)
- ▶ Tetanus, diphtheria, and pertussis (whooping cough) (Td or Tdap vaccine)



## Vaccines are safe and effective in preventing serious diseases.

- Vaccines reduce your risk of infection by working with your body's natural defenses to help you safely develop immunity to disease.
- Vaccines are among the most effective ways to protect against serious diseases.
- Vaccines are thoroughly tested before licensing and carefully monitored even after they are licensed to ensure they are safe.
- Like all medical products, vaccines can cause side effects. The most common side effects are mild and go away quickly.

## Where can you get vaccines?

Vaccines are available at private doctors' offices, as well as other convenient locations including pharmacies, workplaces, community health clinics and health departments. If your primary healthcare provider does not stock all the vaccines recommended for you, ask for a referral.

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before you get your vaccines.

*Source: Centers for Disease Control and Prevention*

## For more information

The [Getvaccines.org](http://Getvaccines.org) website offers resources including an online [Vaccine Finder](#) to direct you to local sites that offer vaccines and an [Adult Vaccine Quiz](#) to help you find out which vaccines are recommended for you. <http://Getvaccines.org>

Additional resources are available on the [New York State Department of Health](http://www.health.ny.gov/prevention/immunization) website [www.health.ny.gov/prevention/immunization](http://www.health.ny.gov/prevention/immunization) and the [New York City Department of Health and Mental Hygiene's website](http://www1.nyc.gov/site/doh/health/health-topics/vaccines-and-immunizations.page) [www1.nyc.gov/site/doh/health/health-topics/vaccines-and-immunizations.page](http://www1.nyc.gov/site/doh/health/health-topics/vaccines-and-immunizations.page)

[The Immunization Action Coalition \(IAC\)](http://www.vaccineinformation.org/adults) is a non-profit organization that works to increase immunization rates and prevent disease by creating and distributing educational materials for healthcare professionals and the public that enhance delivery of safe and effective immunization services. <http://www.vaccineinformation.org/adults>

Unsure about vaccines? [ShotbyShot.org](http://ShotbyShot.org), a website created by the [California Immunization Coalition](#), offers real-life stories told by patients, family members, and clinicians whose lives were impacted by vaccine-preventable diseases. [www.shotbyshot.org](http://www.shotbyshot.org)

*IPRO Healthy Insights* is authored by Dr. Clare Bradley, IPRO's Senior Vice President/Chief Medical Officer, and a nationally recognized public health advocate.

IPRO is a non-profit organization that works with government agencies, providers and patients to measure and improve healthcare for all. For over 30 years we've made creative use of clinical expertise, emerging technology and data solutions to make the healthcare system work better.



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