

# Adult Vaccines

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***Now Available at Many Pennsylvania Pharmacies***



## What you should know about getting immunized

### **Why get vaccinated?**

When we think of vaccines, we often think of children. But adults need vaccines too. Certain illnesses are more severe in older adults than they are in children or young adults, and it may take longer for an older person to recover. Vaccinations can protect you against shingles, pneumonia, the flu, tetanus, and other diseases. One quick shot can help adults stay healthy and out of the hospital.

Many pharmacies may now provide immunizations to anyone over the age of 18, making a vaccine easy and convenient to obtain. Best of all, pharmacies share the record of your immunization with your primary physician. Talk to your pharmacist about vaccinations during your next pharmacy visit.

### **What vaccines are typically available at local pharmacies?**

#### **Flu (TIV)**

Protects against influenza, which can cause sinus infections and pneumonia.

#### **Pneumococcal (PPSV23)**

Protects against pneumonia, the most deadly disease preventable by vaccine, and also prevents meningitis and sepsis.

#### **Herpes Zoster (Shingles Vaccine)**

Protects against shingles, which causes a painful, burning rash.

#### **Tetanus & Diphtheria Booster (Td)**

Protects against potentially fatal Tetanus and Diphtheria infections.

#### **Tetanus, Diphtheria, & Pertussis (Tdap)**

Protects against Tetanus and Diphtheria infections, as well as whooping cough.

#### **Meningococcal (MCV4)**

Protects against the potentially life threatening disease, meningitis.

#### **Hepatitis A and B**

Protects against both forms of Hepatitis, which can increase the risk of liver cancer.

Ask your pharmacist or physician for more details on any of these important adult vaccines.

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## **Do people with chronic diseases need additional vaccines to remain healthy?**

**Yes, they do.**

Older adults with certain chronic diseases need additional vaccines in order to prevent illnesses.

Based on your health history, your pharmacist can provide details on which vaccines you need and when you need them.

**If you have:**

Chronic Liver Disease

**You may need:**

Hepatitis A & B Vaccines

**If you have:**

HIV/Immunodeficiency Syndrome

**You may need:**

Hepatitis B

**If you have:**

Kidney Failure/On Dialysis

**You may need:**

Hepatitis B

**If you have:**

HIV/Immunodeficiency Syndrome

**You may need:**

Hepatitis B

**If you have:**

Asplenia (not having a spleen)

**You may need:**

Meningococcal (MCV4)  
Pneumococcal (PPSV23)

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## **Which vaccines do I need and how often should I get them?**

### ***Flu Vaccine (TIV)***

Adults with chronic health issues or who wish to prevent illness due to the flu need this vaccine once a year at the start of flu season, in early fall.

### ***Pneumococcal (PPSV23)***

Just one dose of this vaccine is needed for adults over 65 years old. Diabetics/Asthmatics need earlier. Adults who received this shot before they turned 65 will need a second dose.

### ***Tetanus, Diphtheria, & Pertussis (Tdap)***

Especially important for adults up to age 64, who are around infants or very young children. One dose is needed.

### ***Tetanus & Diphtheria Booster Shot (Td)***

Adults of all ages need this vaccination once every ten years.

### ***Herpes Zoster (shingles vaccine)***

Adults 60 or older need one dose of this vaccine.

**If you work or volunteer for the Red Cross, at a hospital, or at a long term care facility, you will be in close contact with patients who are sick and may be required to get additional vaccines. Workers and volunteers need three doses of the Hepatitis B vaccine.**

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## **What Are The Benefits of Getting Vaccinated at Your Local Pharmacy?**

⇒ ***Convenient***

⇒ ***Safe***

⇒ ***One-on-one counseling with your pharmacist***

⇒ ***Covered by many insurance plans***

⇒ ***Provides another option for easily obtaining a life-saving vaccine***

⇒ ***All your medication and immunization records are at one location***

**Find a pharmacy near you**

**[www.papharmacists.com/immunize.htm](http://www.papharmacists.com/immunize.htm)**



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