ADULT IMMUNIZATIONS

You never outgrow your need for vaccines.

Vaccines are not just for kids, adults need protection too! Regardless of age, adults need immunizations to stay healthy. With time, immunity from childhood vaccines can wear off, leaving you at risk for diseases. With adulthood comes responsibility, including the need to protect yourself and those around you. Talk to your health care provider about immunizations today.

IOWA Immunization Program

IMMUNIZE FOR A BETTER LIFE!

If you have questions, please call your health care provider or the Iowa Department of Public Health at

1-800-831-6293

FOR ADDITIONAL INFORMATION ON VACCINES AND DISEASES, PLEASE VISIT:

www.idph.state.ia.us/adper/immunization.asp
www.immunize.org • www.cdc.gov/vaccines
www.vaccine.chop.edu • www.aap.org

IDPH Iowa Department of Public Health

IDPH 7/13

IOWA Immunization Program

ADULT IMMUNIZATION

IMMUNIZE FOR A BETTER LIFE!

Be a Positive Role Model

Adults must continue to maintain their own health since families and loved ones depend on them. Immunizations are an important step in preventing illness and staying healthy.

Immunize for a better life!

WHAT VACCINES DO ADULTS NEED?

The specific vaccines you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions and vaccine history. The following vaccines are routinely recommended for adults. Talk to your health care provider about what is recommended for you.

INFLUENZA

Influenza is a contagious infection of the nose, throat and lungs caused by a virus. The flu is generally spread to others when an infected person coughs or sneezes. Flu symptoms include a cough, fever, chills, sore throat, muscle or body aches, runny or stuffy nose, headaches and fatigue. Annual vaccination is recommended because flu viruses change from year to year.

TETANUS, DIPHTHERIA, PERTUSSIS (WHOOPING COUGH)

Adults should routinely receive a tetanus and diphtheria (Td) vaccine booster every 10 years. A tetanus, diphtheria and pertussis (Tdap) vaccine is recommended to protect adults and those around them against whooping cough.

HUMAN PAPILLOMAVIRUS (HPV)

The HPV vaccine protects against the most common types of human papillomavirus, which are responsible for 70 percent of cervical cancers and 90 percent of genital warts. Both men and women should receive three doses of HPV vaccine for full protection.

ZOSTER (SHINGLES)

Shingles is a disease that causes a painful rash, often with blisters, and may lead to long-term nerve pain. Age and problems with the immune system may increase your risk of developing shingles.

PNEUMOCOCCAL

Pneumococcal disease is a bacterial infection that can spread from person to person through close contact. It can lead to severe health problems including pneumonia, blood infections and meningitis. Pneumococcal disease is the leading cause of vaccine-preventable illness in the United States. Everyone 65 years of age or older should receive a single dose of pneumococcal vaccine. People younger than 65 years of age with certain health conditions may also need to be vaccinated.

Some adults may need additional vaccines based upon their medical history and previous vaccinations.

- Measles-Mumps-Rubella (MMR)
- Varicella (chickenpox)
- Hepatitis A
- Hepatitis B
- Meningococcal

YOUR IMMUNIZATION RECORD

It is important to keep immunization records in a safe place. Proof of immunizations may be necessary throughout life. The Iowa Department of Public Health does not maintain historical paper immunization records. However, immunization records can be entered into a permanent statewide electronic database called Iowa's Immunization Registry Information System (IRIS). IRIS contains a public record access feature that allows parents or adults to search for their own or their child's immunization record at https://iris.iowa.gov. If records are not found, talk with your health care provider about entering your immunization record into IRIS.

Talk to your health care provider about immunizations today.

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