

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Public Health: Adult Vaccinations

Frequently Asked Questions

Is it important for adults to be vaccinated?

Yes! Some illnesses, once contracted, do not have a cure and may cause tremendous health problems or even death. Vaccines are among the safest medical products available, are very effective, and can prevent the suffering and costs associated with many diseases.

What vaccines do adults need?

- **Tetanus, diphtheria and pertussis (Tdap).** All adults require these immunizations at 10-year intervals throughout their lives.
- **Measles, mumps and rubella (MMR).** Adults born after 1957 should be immunized against MMR.
- **Pneumococcal pneumonia.** It is recommended that adults over age 65 receive this vaccination.
- **Influenza (flu).** This vaccination is recommended for all adults 50 years of age or older, women who will be pregnant during flu season, and residents of long-term care facilities.
- **Hepatitis B.** This vaccination is recommended for adults in certain high-risk groups, such as health care workers, household contacts of persons with chronic hepatitis B, persons with a recently acquired sexually-transmitted

disease, and persons with multiple sex partners.

- **Hepatitis A.** Recommended for adults in certain high-risk groups including travelers to countries where hepatitis A is common, people with chronic liver disease or clotting-factor disorders such as hemophilia, and users of injection and non-injection illegal drugs.
- **Varicella (chickenpox).** Many adults who have not had chickenpox or been previously immunized should receive the varicella vaccine, including teachers of young children and day care workers, residents and staff in institutional settings, military personnel, nonpregnant women of childbearing age, international travelers, and health care workers and family members.

How often do adults need vaccinations?

- Immunizations for pneumococcal disease and MMR generally protect indefinitely with one dose.
- Influenza vaccine must be administered yearly due to the

annual appearance of new strains of the virus.

- Additional booster doses of Td vaccines are required every 10 years to maintain immunity.
- Hepatitis B vaccine is usually administered in three doses given over a six-month period. Two doses of hepatitis A are needed 6 to 18 months apart to ensure long-term protection.
- Two doses of chickenpox vaccine are recommended for those over age 13 who have not yet had the illness.

For more information, visit <http://www.cdc.gov/mmwr/PDF/wk/mm5901-Immunization.pdf>



Did you know...?

According to the U.S. Department of Health and Human Services, approximately 50,000 adults die from vaccine preventable diseases each year in the U.S.