



Are vaccines safe?

Yes!

Vaccines are the safest way to get your body's immune system working to fight disease. Vaccines are tested before they're licensed to make sure they're safe and to see how well they protect people against disease. Vaccines are also monitored for side effects after they're licensed.

Vaccines, like any medication, can cause side effects. Some people may have mild side effects, like soreness where a shot was given, or a slight fever. Severe vaccine reactions are rare. The benefits of preventing disease far outweigh the risk of a severe reaction to a vaccine.

Traveling out of the country?



You may need other vaccines to protect yourself against diseases that are not common in the U.S.

Find more information at: www.cdc.gov/travel

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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.



Where to get vaccinated?

- Your healthcare provider's office
- Your local pharmacy, and
- Some local health departments: doh.wa.gov/localhealth

For help finding an immunization provider, call the Family Health Hotline at 1-800-322-2588.

Need more information?

- Washington State Department of Health: doh.wa.gov/Immunization
- Immunization Action Coalition of Washington: immunitycommunitywa.org
- Centers for Disease Control and Prevention: cdc.gov/vaccines
- U.S. Department of Health and Human Services: vaccines.gov



VACCINES for adults

A pathway to health



Why do adults need vaccinations?



Diseases that vaccines prevent have no age limits - you can get them at any time in your life.

Some diseases are more common in adults and may cause life-threatening health problems.

Some adults were never vaccinated as children.

Getting vaccinated protects you and prevents the spread of disease to your family.



Most health plans cover recommended vaccinations. Check with your insurance plan or healthcare provider.

Which vaccines do adults need?

Your age, health conditions, job, and lifestyle determine which vaccines you need.

Talk with your healthcare provider to find out more about these recommendations:

Chickenpox: Two doses for adults who have not had chickenpox disease.

Flu: One dose each year for all adults.

Hepatitis A: Two or three doses for adults with certain health conditions, jobs, or lifestyles that put them at higher risk for the disease.

Hepatitis B: Two or three doses for adults 19-59 years old and 60 and older with certain health conditions, jobs, or lifestyles that put them at higher risk for the disease.

Human Papillomavirus: Three doses for adults aged 19-26 who did not get the vaccine at a younger age. Adults age 22 through 26 years may also be vaccinated after discussing with their healthcare provider.

Measles, Mumps and Rubella: One or two doses for anyone born after 1956.

Meningococcal: One or more doses for college freshmen living in residence halls,



adults with a damaged or removed spleen, people with HIV, military recruits, and some international travelers.

Pneumococcal: All adults aged 65 and older need one or more doses. Adults under age 65 with certain health conditions, job, or lifestyle that put them at higher risk for the disease should also get the vaccine.

Shingles: Two doses for adults 50 years and older, whether or not they have had shingles or chickenpox, which is caused by the same virus. Adults 19 years and older with weakened immune systems should get two doses of the shingles vaccines.

Tetanus, diphtheria, pertussis (Tdap)/ Tetanus diphtheria (Td): All adults should get a dose of Tdap vaccine once, then a tetanus booster (TD or Tdap) every 10 years. Pregnant people should get a dose of Tdap vaccine during each pregnancy to protect babies from pertussis (whooping cough).

Adults + Vaccines = a happy and healthy life. Get vaccinated!