



# VACCINES FOR OLDER ADULTS



**GET VACCINATED TO BOOST YOUR IMMUNE SYSTEM AND PREVENT INFECTIONS AND/OR COMPLICATIONS FROM DISEASE!**

CORONAVIRUS

## COVID-19

- COVID-19 causes fever, cough, and shortness of breath. It can lead to serious illness and death.
- **New Bivalent Booster available** for those 6 years and older if it has been **at least 2 months since their last dose from the primary series or booster.**
  - Updated boosters target the most recent Omicron subvariants (BA.4 and BA.5) and the original SARS-CoV-2.

TETANUS, DIPHTHERIA, PERTUSSIS

## TDAP

- These diseases are caused by bacteria and can have serious complications!
- Tdap vaccines contain the vaccine for pertussis or whooping cough, which is very important to protect babies.
- It is recommended for all adults to get at **least 1 dose of Tdap followed by Td or Tdap every 10 years!**

INFLUENZA

## FLU

- The flu causes fever, chills, sore throat, headache, and muscle aches.
  - Can cause pneumonia and lead to hospitalization and death.
- High-dose or adjuvanted shot is **recommended for adults 65 years and older.** If these are not available, standard dose shots are okay!
- Get your flu shot **every year by the end of October** (before the flu season peaks)!

**TURN AROUND FOR MORE!**

PNEUMOCOCCAL

## PNEUMONIA

- Pneumonia affects your lungs and can often lead to hospitalization and death.
- **For all adults 65 years and older,**
  - Prevnar 20 or
  - Vaxneuvance → 1 year → Pneumovax
- **If you previously only got Prevnar 13,** you can get Pneumovax after 1 year!
- **If you previously only got Pneumovax,** you can get Vaxneuvance or Prevnar 20 after 1 year!

ZOSTER

## SHINGLES

- Shingles is a painful rash that can lead to long lasting nerve pain!
- Shingrix is the current shingles vaccine.
  - **Recommended for anyone 50 years and older.**
  - Given as **2 doses** (0 and 2–6 months).
- Shingrix should be given even if you:
  - Have gotten Zostavax (old vaccine)
  - Had shingles
  - Not sure if you had chickenpox.

## COMMON QUESTIONS

### WHAT OTHER VACCINES MIGHT I NEED?

For anyone traveling out of the country, be sure to talk to your provider about what vaccines you might need to help protect you and your body against diseases it is not used to seeing.

### DO I NEED TO RESTART THE SERIES IF I AM TOO LATE FOR MY NEXT DOSE?

No! You should get the next dose as soon as you can!

### DO I STILL NEED THESE IF I DON'T GET SICK?

Yes! These vaccines are recommended because healthy people can still get sick. Get vaccinated to stay healthy!

### WHERE CAN I GET VACCINES?

- Pharmacy
- Medical Office or Clinic
- Health Centers



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Caring is in our Chemistry

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### MORE INFORMATION

- Washington Department of Health: <https://doh.wa.gov/you-and-your-family/immunization/seniors>
- National Institute on Aging: <https://www.nia.nih.gov/health/vaccinations-older-adults>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>