

Are You Up To Date?

Complete this checklist with a healthcare provider

KEEPING HEALTHY

DID YOU KNOW THAT
VACCINATIONS
CAN PREVENT ADULT DISEASES TOO?

Vaccination checklist

For adults*

Your name: _____

VACCINATION		DATE(S) GIVEN
RECOMMENDED FOR MANY ADULTS**	Td/Tdap booster* Tetanus, diphtheria, pertussis	
	Human papillomavirus Cervical cancer	
	Varicella Chickenpox	
	Zoster Shingles (recommended for adults 60 years of age and older)	
	Measles, mumps, rubella[§] MMR	
	Influenza Flu (recommended for all adults 50 years of age and older)	
AT-RISK GROUPS	Pneumococcal polysaccharide Pneumococcal infections	
	Hepatitis A	
	Hepatitis B	
OTHER	Meningococcal Meningococcal disease	

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*Adapted from: Centers for Disease Control and Prevention. Recommended adult immunization schedule —United States, 2010.

**For all persons in this category who meet the age requirements and who lack evidence of immunity (eg, lack documentation of vaccination or have no evidence of prior infection).

+ Tdap should replace a single dose of Td for adults aged 19 through 64 years who have not received a dose of Tdap previously.

§ Recommended if other MMR risk factor is present at 50 years of age and older.

What you can do

- Schedule a checkup with a healthcare provider to talk about getting the vaccinations you need
- Take this brochure to your appointment and ask a healthcare provider about the vaccinations that you need
- Talk with a health provider about risks and benefits of vaccine(s) you may choose to receive
- Use the enclosed checklist to keep track of the vaccinations you receive

Learn more

Do you travel outside the United States? If so, you may need additional vaccines. The Southern Nevada Health District offers many of the vaccines you may need when traveling outside the United States. For more information about travel vaccines contact a health care provider or the [Southern Nevada Health District Immunization at \(702\) 759-0850 or www.SNHD.info](http://Southern Nevada Health District Immunization at (702) 759-0850 or www.SNHD.info) Visit CDC's website: Centers for Disease Control and Prevention (CDC) (www.cdc.gov/vaccines).

Always remember to talk to a healthcare provider about recommended vaccinations

The vaccination checklist in this brochure is based on vaccination recommendations from the CDC.



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Find out more inside...

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Using this brochure

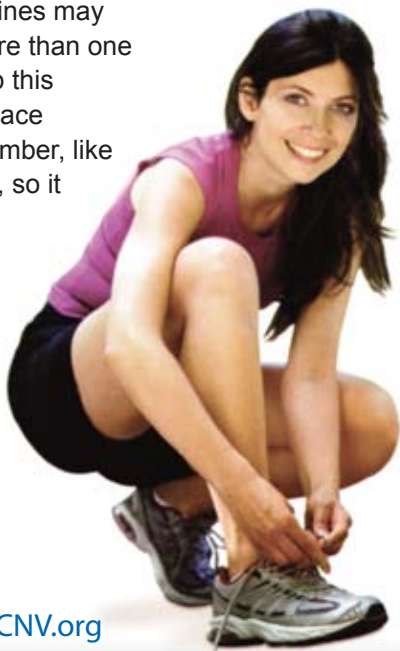
This brochure talks about the vaccines that medical experts recommend for adults. Use this pamphlet to learn more about vaccine-preventable diseases and how you can make vaccinations a part of your healthy lifestyle.

In this brochure, you will find:

- An explanation of the vaccines recommended for adults
- A vaccination checklist
- Web sites for more information

Keeping track of your vaccinations

Use the checklist provided to help you keep track of the vaccinations you need. Once you get vaccinated, enter the date on the tear-off card in this brochure. Remember that some vaccines may require more than one dose. Keep this card in a place you'll remember, like your wallet, so it can be updated.



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Protecting your health 18 -55

Adults are at risk for serious infections, many of which may be preventable through vaccination. The Centers for Disease Control and Prevention (CDC) makes recommendations about which vaccines adults should receive. Even if you were vaccinated as a child, you may need a booster shot or new vaccinations.



Do yourself a favor, contact a local health care provider or practitioner.

For your information

In the United States, fewer adults than children are fully vaccinated, and adults are much more likely to die from vaccine preventable diseases than are children. Many adults don't know they are supposed to get immunized against diseases. There are millions of adults in this country who need influenza, pneumococcal, tetanus, diphtheria, hepatitis B, and other vaccines. Are you one of them? Getting immunized is a lifelong, life-protecting job.

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Don't become a statistic

- Immunization is one of the few clinical preventive services that saves dollars as well as lives.
- Adult deaths from vaccine-preventable diseases exceed 30,000 per year.
- 485,000 adults are hospitalized each year for community-acquired pneumonia, and approximately 43,000 deaths.
- 2004 - Adults 19-64 years of age accounted for 7008 (27%) of reported pertussis (whooping cough).
- Adults suffering from pertussis lose an average of 7-10 workdays.
- 2008 - Hepatitis A and hepatitis B killed nearly 4,500 people aged 15 years and older.

The importance of vaccination

The CDC listed vaccination among the top 10 public health achievements of the 20th century. Vaccination may play an important role in your efforts to live a healthy lifestyle.

There are adult vaccinations to help protect against the diseases listed below:

- **Cervical cancer (HPV)**
- **Chickenpox (varicella)**
- **Diphtheria**
- **Flu**
- **German measles (rubella)**
- **Hepatitis A**
- **Hepatitis B**
- **Measles**
- **Meningitis (meningococcal)**
- **Mumps**
- **Pneumococcal infections**
- **Shingles (zoster)**
- **Tetanus**
- **Whooping cough (pertussis)**

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