Many adults don’t know they need immunizations for protection against serious, but preventable diseases.

If you are 60 or older, ask your healthcare provider about these immunizations:

- Flu (Influenza)
- Pneumococcal Disease
- Shingles (Zoster)
- Tetanus, Diphtheria, and Whooping Cough (Pertussis)

Where can I get immunizations?

- Your healthcare provider’s office
- Your local pharmacy
- Some local health departments: www.doh.wa.gov/localhealth

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

Where can I get more information?

Check out these organizations:

- Washington State Department of Health: www.doh.wa.gov/Immunization or call at 1-866-397-0337
- Immunization Action Coalition of Washington: www.immunitycommunitywa.org/iacw
- Centers for Disease Control and Prevention: www.cdc.gov/vaccines/adults
- U.S. Department of Health and Human Services: www.vaccines.gov

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)
Shingles is caused by the same virus that causes chickenpox. Anyone who has had chickenpox may develop shingles. The risk of shingles increases as you get older.

Shingles is a painful skin rash that can last for months or even years. There is no cure for shingles, but treatment options can reduce the length of illness and prevent complications.

- Adults aged 65 years or older are at a higher risk of serious illness and death if they get the flu.
- Certain health conditions also put you at higher risk including asthma, chronic lung disease, heart disease, diabetes, and having a weakened immune system.

Getting a flu shot every year is the best way to protect yourself and those around you.

**Flu (Influenza) Vaccine**

Everyone 6 months or older should get a flu vaccine each year.

**Pneumococcal Vaccine**

Adults 65 years or older should be up to date with pneumococcal vaccination.

- PCV13 vaccine is recommended for all adults aged 65 years or older, and for adults 19 years or older with certain conditions that weaken the immune system.
- PPSV23 vaccine is recommended for all adults aged 65 years or older, and for adults aged 19 to 64 who smoke cigarettes or have asthma.

Talk to your doctor to find out which pneumococcal vaccines are recommended for you.

**Shingles (Zoster) Vaccine**

All adults 50 years or older need the shingles vaccine.

- Shingles is caused by the same virus that causes chickenpox. Anyone who has had chickenpox may develop shingles. The risk of shingles increases as you get older.
- Shingles is a painful skin rash that can last for months or even years. There is no cure for shingles, but treatment options can reduce the length of illness and prevent complications.

Talk to your doctor about getting the shingles vaccine, even if you have already had shingles.

**Tetanus, Diptheria, and Whooping Cough (Pertussis) Vaccine**

Tdap vaccine protects against pertussis (whooping cough), tetanus, and diphtheria.

- Every adult should get the Tdap vaccine once if they did not receive it as a teenager.
- A Td booster shot (for tetanus and diphtheria) is needed every 10 years to keep your protection high.
- If you will be in contact with, or caring for, a baby you will need to be up to date with Tdap vaccination.

Whooping cough is a very serious illness in babies.

**Travel Immunizations**

You should be up to date on routine vaccinations while traveling. Talk to your doctor to find out what vaccines are required for your destination.

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