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

Where can I get immunizations?

- Your doctor’s office
- Your local pharmacy
- Some local health departments: [www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)

To find a place where you can get immunizations, 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](http://www.doh.wa.gov/Immunization) or call at 1-866-397-0337
- Immunization Action Coalition of Washington: [www.immunitycommunitywa.org/iacw](http://www.immunitycommunitywa.org/iacw)
- Centers for Disease Control and Prevention: [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)
- U.S. Department of Health and Human Services: [www.vaccines.gov](http://www.vaccines.gov)

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

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

Health Conditions

- Lifestyle
- Age and Job

These factors determine which immunizations you need:

Get Immunized

Protect yourself. Protect your family.

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.
<table>
<thead>
<tr>
<th>Flu (Influenza) Vaccine</th>
<th>Pneumococcal Vaccines</th>
<th>Shingles (Zoster) Vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone 6 months or older should get a flu vaccine each year.</td>
<td>Adults 65 years or older should be up to date with pneumococcal vaccination.</td>
<td>All adults 50 years or older need the shingles vaccine.</td>
</tr>
<tr>
<td>• Adults aged 65 years or older are at a higher risk of serious illness and death if they get the flu.</td>
<td>• One type of pneumococcal vaccine, PPSV23, is recommended for all adults aged 65 years or older, and for adults aged 19 to 64 who smoke cigarettes or have asthma.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Certain health conditions also put you at higher risk including asthma, chronic lung disease, heart disease, diabetes, and having a weakened immune system.</td>
<td>• Another type of pneumococcal vaccine, PCV13, is recommended for adults with certain medical conditions that weaken the immune system. Adults 65 years and older with a healthy immune system should discuss with their healthcare provider the need to get PCV13.</td>
<td>• 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.</td>
</tr>
<tr>
<td>Getting a flu shot every year is the best way to protect yourself and those around you.</td>
<td>Talk to your doctor to find out which pneumococcal vaccines are recommended for you.</td>
<td>Talk to your doctor about getting the shingles vaccine, even if you have already had shingles.</td>
</tr>
</tbody>
</table>

**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 or Tdap booster 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](http://www.cdc.gov/travel)