Which vaccines do I need?  

Your age, health conditions, job, and lifestyle determine which vaccines you need. Bring this schedule to your next appointment and check with your doctor, nurse, or clinic to make sure you are up to date on your immunizations. Always keep a copy of your current immunization record. To view your and your family’s immunizations online, visit wa.myir.net.

**Vaccines recommended for all adults.**

- Haemophilus influenzae Type B (Hib)
- Meningococcal
- Poliovirus (IPV)
- Polio (OPV)
- Shingles
- HPV (human papillomavirus)
- Rubeola
- Rubella
- Td/Tdap (tetanus, diphtheria, pertussis)
- Tetanus
- Chickenpox
- Hepatitis A
- Hepatitis B
- Haemophilus influenzae type B
- Influenza

**Vaccines recommended for adults with certain risks related to their health, job, or lifestyle that put them at higher risk for serious diseases. Talk to your doctor or nurse to see if you are at higher risk.**

- HPV (human papillomavirus) 3 doses 27-45: Discuss with healthcare provider 46-65+: No recommendation
- Pneumococcal (PCV13) 1 dose
- Pneumococcal (PPSV23) 1 or 2 doses 1 dose
- Meningococcal 1 or more doses
- Hepatitis A 2 or 3 doses
- Hepatitis B 2 or 3 doses
- Haemophilus influenzae type B (Hib) 1 or 3 doses

**GET THESE VACCINES**

- Get a flu vaccine every year
- Td/Tdap (tetanus, diphtheria, pertussis)
- Hepatitis A
- Hepatitis B
- Haemophilus influenzae type B (Hib)
- Pneumococcal (PCV13)
- Meningococcal
- HPV (human papillomavirus)

**AGE**

- 13-18 years
- 19 to 21 years
- 22 to 26 years
- 27 to 49 years
- 50 to 59 years
- 60 to 64 years
- 65+ years

- 1 dose
- 1 or 2 doses
- 1 or more doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 3 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses
- 1 or 2 doses

**Recommended Immunization Schedule**

Follow us on Facebook @WatchMeGrowWA
Visit www.watchmegrowwa.org

WithinReach Family Health Hotline
1-800-322-2588 (TTY relay)
or www.ParentHelp123.org

WASHINGTON STATE DEPARTMENT OF HEALTH:

- VISIT: www.doh.wa.gov/immunization

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:

- VISIT: www.cdc.gov/vaccines/adults

IMMUNIZATION ACTION COALITION:

- VISIT: www.vaccineinformation.org/adults

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If you have a disability and need this document in another format, please call 1-800-322-2588 (TTY relay).

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The benefits

Vaccines are recommended as whooping cough, flu, or dangerous diseases, such as: sure you don’t spread getting vaccinated. Make that prevent them from systems, or have certain have weakened immune not been fully immunized, protect those who have illnesses to others. It helps prevents the spread of serious diseases that can't travel as easily from person to person and the entire community is less likely to get the disease. Communities get the best protection when at least 9 out of 10 of us have immunity. Community immunity protects those who cannot be immunized because of serious allergies or a weakened immune system. Ask about immunization rates where your loved ones spend a lot of time, such as schools, child care centers, and long-term care facilities.

Why should I get vaccinated?

Yes. Some diseases may be more severe for adults. Each year in the United States, between 50,000 and 90,000 adults¹ die from diseases that vaccines can prevent, such as flu and pneumonia. That’s enough people to fill a national football stadium! Vaccines are recommended from birth throughout adulthood to provide a lifetime of protection from serious diseases. Make sure you’re up to date on your immunizations to protect yourself from potentially devastating illnesses and to improve your quality of life.

Do I need vaccines during my pregnancy?

Yes. Pregnant women need to get Tdap and flu vaccines during each pregnancy. Moms can pass along protection against flu and whooping cough to their babies until they are old enough to get vaccinated. You may also need other vaccines before, during, or after your pregnancy. Talk to your doctor or nurse to find out which vaccines may be needed.

Are vaccines safe?

Yes! Vaccines are among the safest medicines you can get. Before and after they are licensed, vaccines are tested and monitored for safety and how well they protect people against disease. The Food and Drug Administration licenses a vaccine only if it is safe and effective and the benefits outweigh any risks. Like any medicine, vaccines are not 100 percent effective or 100 percent risk free. Some people may have mild side effects, such as a slight fever or soreness at the injection site. Serious side effects are very rare.

The benefits of vaccination far outweigh the risks.

If you have questions, ask your doctor, nurse, or clinic for more information.

Where can I get vaccinated?

Your doctor, clinic, local health department, and many pharmacies offer vaccinations. Health insurance plans cover most adult vaccines. If you need help finding a doctor or clinic that offers immunizations, call the Family Health Hotline at 1-800-322-2588. You can also go to vaccinefinder.org to use the HealthMap Vaccine Finder to search for locations that offer immunizations.

¹ See “10 Reasons to Be Vaccinated” from the National Foundation for Infectious Diseases: www.adultvaccination.org/10-reasons-to-be-vaccinated

Protect Yourself ★ ★ ★

Protect Your Family ★ ★ ★

I hardly ever get sick. Why should I get vaccinated?

Even healthy people can get very sick from the serious diseases that vaccines can prevent. Getting vaccinated also prevents the spread of illnesses to others. It helps protect those who have not been fully immunized, have weakened immune systems, or have certain medical conditions that prevent them from getting vaccinated. Make sure you don’t spread dangerous diseases, such as whooping cough, flu, or measles, to those you love.

Nadia’s Story:

On January 10, 2010, Nadia and her fiancé, Orrin, were on a fun-filled weekend of snowboarding with friends. They stopped for lunch before the trip home, and immediately after, Nadia became very sick. Everyone thought she had food poisoning. At home, Nadia’s fever of 103° and ice-cold chills told Orrin that something was terribly wrong, so he rushed her to the nearest hospital.

Four hours after I got to the emergency room, Nadia was gone. The hospital staff tried to save her life, but she passed away at 3:00 a.m. on January 11, 2010. Nadia’s memorial service was on my birthday. It was the day I was born and the day I died."

Karin Willett

Heidi’s Story:

“Five days before my second baby was due, I got a mild, dry cough which doctors thought was asthma. About two weeks after I gave birth, my daughter started coughing, choking, gagging, and turning blue. At Seattle Children’s Hospital, she tested positive for pertussis (whooping cough) and they asked me who had been sick or coughing. My heart sank—I had whooping cough, not asthma. I had given my baby a potentially fatal disease, and it was devastating. She spent 23 terrifying days in the hospital fighting for her life and her cough lasted over 100 days. I had no idea that I needed a whooping cough booster shot—Tdap. I hope other parents can learn from my experience: Get vaccinated to protect your baby.”

Heidi Bruch