

# Adult Immunization Schedule

<b>Adults</b>	<b>Tetanus/Diphtheria/ Pertussis—every 10 years</b>	
<b>All Patients</b>	<b>Flu Vaccine—annually</b>	
<b>Adults 50 yrs. +</b>	<b>Shingles—1st dose</b>	<b>Shingles—2nd dose 2–6 months later</b>
<b>Adults 65 yrs. +</b>	<b>Pevnar13®</b>	<b>PNEUMOVAX®23 1 year later</b>



## Patients with special considerations

**Adults 19-64 yrs.**  
with sickle cell disease, no spleen, immunodeficiencies, HIV, chronic renal failure, nephritic syndrome, cancer or post-transplant



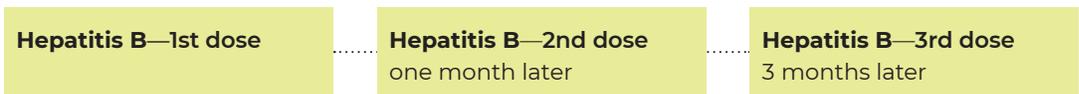
**Adults 19-64 yrs.**  
with heart, lung, or liver diseases, diabetes, alcoholism



**Adults 19 yrs. +**  
who are at high risk for exposure of hepatitis A or have risk factors as defined by the CDC



**Adults 19 yrs. +**  
who have: diabetes, end-stage renal or liver disease, HIV, are at high risk for exposure of hepatitis B or have additional risk factors as defined by the CDC



# The recommended immunizations protect you from:

## Tetanus, Diphtheria, Pertussis

**Tetanus, Diphtheria, and Pertussis** are infections caused by bacteria. Diphtheria and pertussis spread through coughing or sneezing. Tetanus enters the body through cuts, scratches or wounds.

**Tetanus** (Lockjaw) causes painful muscle tightening and stiffness. It can lead to tightening of muscles in the head and neck so you are unable to open your mouth, swallow, or even breathe. Tetanus kills about 1 out of every 10 people who are infected, even after receiving the best medical care.

**Diphtheria** can cause a thick bacteria coating in the back of the throat that may lead to breathing problems, heart failure, paralysis, and death.

**Pertussis** (Whooping cough) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep. It can also lead to weight loss, incontinence, and rib fractures. Up to 2 in 100 adolescents and 4 in 100 adults with pertussis are hospitalized or have complications.

## Influenza (Flu)

**Influenza** is a contagious disease that spreads around the United States every year, usually between October and May. It is caused by influenza viruses, and spreads mainly by coughing, sneezing, and close contact. Anyone can get influenza. It strikes suddenly and can last several days. Symptoms vary by age, but may include:

fever/chills    cough    sore throat    headache  
muscle aches    fatigue    stuffy or runny nose

Influenza may lead to pneumonia and blood infections, and can cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, influenza may make it worse.

## Shingles

**Shingles** is caused by the varicella-zoster virus, the same virus that causes chickenpox. A rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Its main symptom is pain, which can be quite severe and last long after all other symptoms resolve. Other symptoms of shingles may include fever, headache, chills, and upset stomach. Rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death.

## Pneumococcal Disease

**Pneumococcal disease** is caused by bacteria in the nose or throat that can spread from person to person by coughing, sneezing or touch. It may cause ear infections, and sometimes leads to more serious infections of the lungs (pneumonia), blood (bacteremia), and covering of the brain and spinal cord (meningitis). Pneumococcal meningitis can cause deafness and brain damage, and it can be fatal.

## Hepatitis A and Hepatitis B

**Hepatitis A** is a serious liver disease caused by the hepatitis A virus. It is spread from person to person through contact with the feces (stool) of people who are infected. This easily happens when someone does not wash their hands properly. You can also get hepatitis A from food, water, or contaminated objects. Symptoms of hepatitis A may include:

- Fever, fatigue, loss of appetite, nausea, vomiting, and/or joint pain
- Severe stomach pains and diarrhea (mainly in children)
- Jaundice (yellow skin or eyes), dark urine, or clay-colored bowel movements

**Hepatitis B** is a liver infection caused by the hepatitis B virus. The virus is spread when infected blood, semen or other body fluids enter an uninfected person's body. Examples of transmission include:

- An infected mother spreading the virus to her baby during birth
- Sex with an infected partner
- Sharing needles, syringes or drug preparation equipment
- Sharing personal hygiene items like a toothbrush or razor
- Sharing medical equipment like a glucose monitor
- Direct contact with blood or open sores of an infected person

However, the hepatitis B virus is not spread through food, water, breastfeeding, hugging, kissing, holding hands, coughing or sneezing. Hepatitis B can cause mild illness lasting a few weeks or lead to a lifelong illness.

**Mild illness can cause:**

- Fever, fatigue, loss of appetite, nausea, and/or vomiting
- Jaundice (yellow skin or eyes), dark urine, or clay-colored bowel movements
- Pain in muscles, joints, and stomach

**Lifelong hepatitis B can cause:**

- Liver damage (cirrhosis) or liver cancer
- Death