

# NOW IS THE TIME TO IMMUNIZE

When is the last time you focused on your immunizations? You may not have realized that you need vaccines throughout your adult life. In the U.S., many infectious diseases that once were deadly have been greatly reduced or eliminated based on immunizations.



## WHY DO I NEED TO BE IMMUNIZED?

The World Health Organization reports that **“1.5 million deaths could be avoided every year if global vaccinations increase.”** Making sure you have the correct immunizations will keep you healthy and help you avoid future health issues or diseases that could turn fatal. Here are a few reasons why you should stay up-to-date:

### 1. You are putting yourself at risk for serious diseases that are still common in the U.S.

Chickenpox, Influenza, Measles, Hepatitis B and others are all still common diseases in the U.S. However, thanks to vaccines, cases are rare.

### 2. Getting sick takes away time from your career and family.

Yearly influenza hospitalizations fluctuate, depending on the severity of the virus. In seven of the past ten years, more than 300,000 people have been hospitalized yearly from influenza, with a peak of over 700,000 hospitalizations in the 2017-2018 flu season.<sup>1</sup> Spending time in the hospital means taking time away from work and less time you can spend doing activities with your family.

### 3. You can lower your chances of spreading certain diseases to those around you.

Consider your immunizations the next time you travel. According to UNICEF, “Only 16% of people in low income countries have received vaccines, compared to 80% in high-income countries.”

## RECOMMENDED VACCINES FOR ADULTS

According to the CDC, **51 million deaths can be prevented through immunization between 2021 and 2030.** Common vaccines and immunization guidelines are:

- **Seasonal flu vaccine** – Annually
- **Td or Tdap vaccine (tetanus, diphtheria and pertussis)** – Repeated every 10 years
- **Shingles vaccine** – Adults 50 years and older should get two doses, separated by two to six months
- **Pevnar 20 (pneumonia vaccine)** – Administered once at 65 years. A second vaccine is only necessary if an older vaccine (Pevnar 13, Pevnar 15, Vaxneuvance or Pneumovax) was received.
- **Hepatitis B vaccine** – Two, three or four doses, depending on the vaccine used
- **COVID-19 vaccine** – Primary series is two or three doses, each separated by three to four weeks (depending on the vaccine used). One booster is recommended for each vaccine at least two months after last primary series dose.

Recommended vaccine schedules are only for healthy adults without other risk factors or medical conditions. If you are unsure whether these immunizations are right for you, contact your primary care provider.

## COMMON DISEASES AND THE VACCINES THAT PREVENT THEM

The more contagious a disease is, the greater the proportion of the population that needs to be immune to the disease to stop its spread.<sup>2</sup>

- **Hepatitis B - Hep B vaccine**

This disease can cause Pneumonia, worsening of chronic health issues, hospitalization, possibly results in disability or death

- **Human Papillomavirus (HPV) - HPV vaccine**

This disease can cause cervical, vaginal and vulvar cancers in women; penile cancer in men; and genital warts and anal and oropharyngeal cancers in both men and women, indicated up to age 45.

- **Shingles - Zoster vaccine**

This disease can cause severe pain that can last for months or years after the rash goes away, pneumonia, loss of eyesight and hearing or even death

- **Tetanus - Td/Tdap vaccines**

This disease can cause broken bones, breathing difficulty or death

- **Whooping Cough (Pertussis) - Tdap vaccines**

This disease can cause rib fractures, pneumonia or death

! According to the CDC, “almost **one in three people** in the U.S. will develop shingles in their lifetime.” The risk of contracting shingles increases with age.

Sources: <sup>1</sup>Ohio Department of Health <sup>2</sup>Mayo Clinic

## WHERE TO GO FOR YOUR IMMUNIZATIONS

To receive the proper vaccinations, you can check at your doctor’s office, pharmacy, community health center, health department and other locations. If you’re not sure which ones you need, contact your primary care provider. Don’t have a PCP? Visit [NebraskaHealthNetwork.com/provider-search](https://NebraskaHealthNetwork.com/provider-search) to find one that’s right for you!



## IMMUNIZATION RECORD

Use this guide to keep track of your immunizations and when you need your next dose.

Vaccine	Date Given	Given By	Next Dose