



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 vaccines. Always keep a copy of your current vaccine record.

You can also sign up to get access to your and your family's vaccine records online at MyIRmobile.com.

 Vaccines recommended for all adults.

 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.



**Protect Yourself.
Protect Your Family.**

Parents need vaccines, too!

LOOK INSIDE TO FIND OUT HOW TO KEEP YOURSELF AND YOUR FAMILY HEALTHY

WASHINGTON STATE DEPARTMENT OF HEALTH:

- VISIT: doh.wa.gov/immunization

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:

- VISIT: cdc.gov/vaccines/adults

IMMUNIZATION ACTION COALITION:



- VISIT: vaccineinformation.org/adults



Call the WithinReach Help Me Grow Washington Hotline at **1-800-322-2588** (711 TTY relay) or www.ParentHelp123.org



Watch Me Grow Washington is a program of the Washington State Department of Health.

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

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers needing assistance, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov

Recommended Vaccine Schedule

GET THESE VACCINES	AGE	19 to 26 years	27 to 49 years	50 to 64 years	65+ years
Flu		Get a flu vaccine every year			
Td/Tdap (tetanus, diphtheria, pertussis)		Get a Tdap vaccine once, then a Td or Tdap booster every 10 years. Pregnant people need the Tdap vaccine during each pregnancy between 27 and 36 weeks			
Chickenpox		2 doses if born in 1980 or later	27-45: Discuss with healthcare provider 46-65+: No recommendation		2 doses if high risk
HPV (human papillomavirus)		2-3 doses depending on age at first dose			2 doses if high risk
Shingles		2 doses if high risk			2 doses
MMR (measles, mumps, rubella)		1 or 2 doses (if born in 1957 or later)			No recommendation
Pneumococcal (PCV15, PCV20, PPSV23)		1 dose PCV15 followed by PPSV23 OR 1 dose PCV20			1 dose PCV15 followed by PPSV23 OR 1 dose PCV20
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			
RSV		Pregnant people can get 1 dose between 32 and 36 weeks. Age 60+ 1 dose after talking with your provider.			





Protect Yourself * * *

Do adults really need vaccines?

Yes. In the United States people still become seriously ill or even die from diseases that vaccines can help prevent. Vaccines are recommended from birth throughout adulthood to give a lifetime of protection from serious diseases. Make sure you're up to date on your vaccines to protect yourself from potentially serious illnesses and to improve your quality of life.

Protect Your Family * * *

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

Even healthy people can get very sick from 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 vaccinated, have weakened immune systems, or have certain medical conditions that prevent them from getting vaccinated. Make sure you don't spread dangerous illnesses, such as whooping cough, flu, COVID-19, or measles, to those you love.

Do I need vaccines during my pregnancy?

Yes. Pregnant people need to get Tdap vaccine during each pregnancy, flu vaccine if pregnant during flu season and RSV vaccine if pregnant during RSV season. You can pass along protection against flu and whooping cough to your 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 you may need.

See "5 Reasons It Is Important for Adults to Get Vaccinated" from Center for Diseases Control and Prevention: www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html

What is community immunity?

- Community (or herd) immunity is reached when enough people are vaccinated against a certain disease. Germs cannot 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 are vaccinated. Community immunity protects those who cannot be vaccinated because of a weakened immune system. Ask about vaccine rates in places where your loved ones spend a lot of time, such as schools, child care centers, and long-term care facilities.

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 from disease. The Food and Drug Administration licenses a vaccine only if it is safe and effective. 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 where the vaccine was given. Serious side effects are very rare. The benefits of vaccines 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 vaccines. Health insurance plans cover most adult vaccines. If you need help finding a doctor or clinic that offers vaccines, call the Help Me Grow Washington Hotline at 1-800-322-2588. You can also use the HealthMap Vaccine Finder to search for locations that offer vaccines, go to vaccinefinder.org.



Nadia's Story:



"My daughter, Nadia Rose Alexandria Willett, died at age 31 from a rare form of bacterial meningitis called Waterhouse-Friderichsen Syndrome. This syndrome can be caused by meningococcal disease, which Nadia wasn't vaccinated against.

Nadia and her fiancée, 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

