

Each year in the United States, up to 60,000 adults die from vaccine-preventable diseases or their complications. Although most adults realize that immunizations are important in keeping infants and children healthy, many are unaware that vaccines offer a safe and costeffective way to prevent serious illnesses and death among adults.

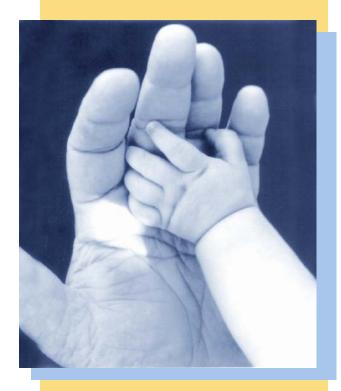
Protect Yourself Immuníze!



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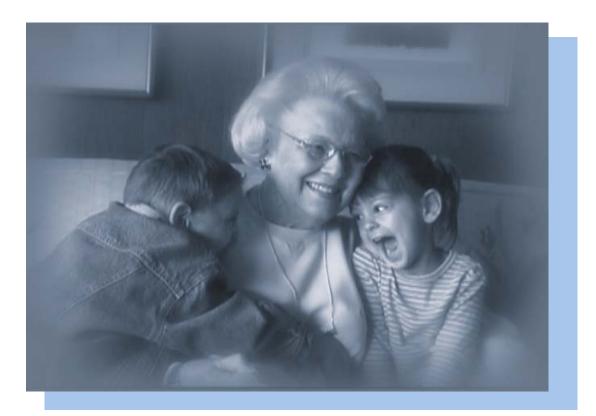
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Protect Children by Protecting Yourself



Immuníze!

Your health has a huge ímpact on those you love.



Did you know?

- Many children contract diseases from their parent, grandparent or caregiver.
- Many adults contract diseases from children.
- Many hospitalizations due to illness can be avoided by vaccination.

Recommended Adult Vaccines

Tetanus, Diphtheria, Pertussis -Td/Tdap* (Td every 10 years for all adults)

Human papillomavirus - HPV (3 doses for females & males age 11-26 years)

Measles, Mumps, Rubella – MMR (2 doses for all adults born after 1957)

Varicella (2 doses for adults under 60 who have never had chickenpox)

Zoster (I dose for adults 60 and older)

*Substitute I dose of Tdap for Td.

Influenza (annual vaccination for all adults**)

Pneumococcal - PCV/PPSV (I or

more doses pneumococcal conjugate vaccine and pneumococcal polysaccharide vaccine for adults at risk,** and for all adults 65 years and older)

Hepatitis A (2 doses for adults at risk** or wishing immunity)

Hepatitis B (3 doses for adults at risk**)

Meningococcal (I or more doses for adults at risk**)

**Vaccination is especially important for adults with certain high-risk conditions. Ask your health care provider if you have a condition that puts you at higher risk, and which vaccines are needed.