



Older Adults Need Vaccines, Too!

Why do I need vaccines?

Each year thousands of adults get sick from diseases. Some of these people end up in the hospital, and some even die. Many disease can be avoided by using vaccines.

Flu Vaccine

- More than 200,000 people end up in the hospital each year due to the flu.
- People six months and older should get a flu vaccine.
- You should get a flu vaccine each year during flu season, especially if you are 65 or older or have an ongoing illness.

Pneumonia Vaccines

- Pneumonia is a leading cause of why people die or have to stay in a hospital.
- There are two types of vaccines.
- Nearly everyone 65 and older should get one dose of each vaccine.

Shingles Vaccine

- Shingles is a painful rash and the pain can last long after the rash goes away.
- Half of people who live until age 85 will get shingles.
- Everyone 50 and older should discuss the best shingles vaccination options with their clinician or pharmacist.

**Talk to your doctor or pharmacist
about the right vaccines for you.**

Visit www.cdc.gov to learn more!



Older Adults Need Vaccines, Too!

Tdap Vaccine

- A single dose of the Tdap vaccine protects you from getting tetanus, diphtheria and whooping cough.
- Adults 19 and older should have one dose of Tdap, and then tetanus (Td) boosters every 10 years.

For More Information

Centers for Disease Control and Prevention (CDC):

- www.cdc.gov/vaccines/adults

National Vaccine Program:

- www.vaccines.gov

Immunization Action Coalition:

- www.vaccineinformation.org

**Talk to your doctor or pharmacist
about the right vaccines for you.**

Developed by HealthInsight and being redistributed by Mountain-Pacific Quality Health, the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Montana, Wyoming, Alaska, Hawaii and the U.S. Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-AS-F1-19-01