Many people think that only young children need to get vaccinated. However, THOUSANDS OF OLDER ADULTS die or have serious complications each year from vaccine-preventable diseases.

**What vaccines do I need?**

The Centers for Disease Control and Prevention (CDC) recommends that older adults get the following vaccines:

- **Shingles vaccine**
  - One shot reduces the risk of shingles and long-term pain after shingles in adults 60 years old and older.
  - Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals.
  - Shingles is more common and more serious in older adults.
  - Nearly 1 million Americans get shingles every year and about half of them are 60 years old and older.

- **Influenza (flu) vaccine**
  - Get the flu vaccine every year to avoid getting the flu and spreading it to loved ones.
  - Every year in the U.S., an average of 24,000 people die from the flu. Most of these deaths are among adults 65 years old and older.

- **Pneumococcal vaccine**
  - One shot reduces the risk of pneumococcal disease.
  - Pneumococcal disease can cause serious infections of the lungs (pneumonia), the bloodstream (bacteremia), and the covering of the brain (meningitis).
  - Pneumococcal disease is one of the most common causes of vaccine-preventable death in the U.S. and is particularly dangerous for older adults.

- **Tetanus, diphtheria, pertussis (Tdap) vaccine**
  - One shot of Tdap vaccine reduces the risk of getting potentially deadly infections and the risk of spreading some of these infections to others.
  - Pertussis, also called whooping cough, can be a serious—even deadly—disease in babies. Parents and grandparents can be ill with whooping cough for months and can pass the infection to babies too young to be vaccinated.
  - Tetanus is a severe, painful infection. Most of the deaths from tetanus are among older adults.
  - Adults less than 65 years of age should receive a dose of Tdap vaccine in place of one of their 10-year tetanus booster shots.

Protect yourself and your loved ones against these illnesses by getting vaccinated. For more information, ask your healthcare provider, or call 800-CDC-INFO (800-232-4636), or visit [www.cdc.gov/vaccines/vpd-vac/adult-vpd.htm](http://www.cdc.gov/vaccines/vpd-vac/adult-vpd.htm). To see which vaccines you need, take the Adult Immunization Quiz at [www2.cdc.gov/nip/adultimmSched/](http://www2.cdc.gov/nip/adultimmSched/).