



Are your vaccinations up to date?

Vaccinations are not just for kids

**Protect yourself, your family,
and your community**



**Florida
Health Care
Plans**



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ADVANCING IMMUNITY™

Are your vaccinations up to date?

Vaccine-preventable illnesses can strike adults

Getting vaccinated may help you avoid:

- Getting sick
- Spreading illness to others
- Unnecessary healthcare costs
- Losing time from work or your daily activities

Are your vaccinations up to date?

More than 30,000 adults die from vaccine-preventable diseases each year¹

Why should you get vaccinated? It may help prevent the following:

- Cervical cancer
- Whooping cough (pertussis)
- Hepatitis A and hepatitis B
- Flu
- Pneumococcal disease (pneumonia)
- Shingles (herpes zoster)
- Measles, mumps, and rubella (MMR)
- Tetanus and diphtheria (Td)

Are your vaccinations up to date?

Don't take chances with your health

Human papillomavirus (HPV) is a necessary cause of cervical cancer

- About 20 million people already have the infection, and about 6 million people get infected for the first time each year.²
- While most women clear the infection, it can progress to cervical cancer in some.
- It is important to know that HPV vaccination is recommended for women up to the age of 26.²
- The vaccine can help prevent infection from some cancer-causing HPV types, but Pap smear screening is still recommended.

Are your vaccinations up to date?

Don't take chances with your health

Whooping cough (pertussis) can cause a cough that can last for months³

- In a study, it was projected that during 2001-2010, 7 out of 10 cases of pertussis would occur in adults 20 years and older.⁴
- Whooping cough can cause seizures, brain disease, and death.⁴

Are your vaccinations up to date?

Don't take chances with your health

Hepatitis A and hepatitis B can cause liver disease

- Hepatitis A can make you very sick. You can get hepatitis A from contaminated food or drink or close contact with someone who is infected.⁵
- Hepatitis B can cause liver damage, liver cancer, and death. It is second only to tobacco as a cause of cancer.^{6,7}
- Among other things, your job or life-style can increase your chances of getting hepatitis A and/or hepatitis B.^{5,6}

Are your vaccinations up to date?

Flu is dangerous for all adults

Flu is a serious illness, especially for children and the elderly⁹

- Flu is a highly contagious viral illness.¹⁰
- You can pass the flu on to other people, including loved ones, once you are infected.
- Caring for yourself or a sick family member who has the flu can cause you to be absent from work, or perform poorly if you stay on the job.¹¹
- You cannot get the flu from the flu shot.¹²

For reliable information about vaccination, talk to your doctor.

Are your vaccinations up to date?

Flu can lead to hospitalization and death, particularly in older adults⁹

Together, influenza and pneumonia were the eighth leading cause of death in 2004¹³

- Approximately 36,000 people died each year during 1990-1999 from complications of influenza infection.⁹
- More than 90% of the deaths were among persons ≥ 65 years of age.^{14,15}
- Over 200,000 hospitalizations occurred each year between 1979 and 2001 as a result of influenza.¹⁴

According to the Centers for Disease Control and Prevention, vaccination provides the best protection against flu.

Are your vaccinations up to date?

Shingles is especially serious for older adults

- Shingles (herpes zoster) is a painful rash that is caused when the chickenpox virus you had as a child reappears.¹⁶⁻¹⁹
- Even after the rash heals, pain can be severe and may last for months.^{17,18,20}
 - Pain affects 1 in 3 shingles patients 60 years of age or older.²⁰
 - Shingles pain and other symptoms can seriously affect physical, social, and psychological well-being.¹⁹

Experts estimate that shingles affects more than 1 million people annually in the US²⁰

- It will affect about half of the people living until age 85.¹⁹

Are your vaccinations up to date?

Many of these vaccine-preventable diseases are spread easily from person to person

- Flu and pneumococcal infection are contagious and are spread by coughing or sneezing.¹⁶
- You can get meningococcal meningitis (a brain disease), hepatitis A, hepatitis B, and human papillomavirus (HPV) by being in close, or in some cases intimate, contact with people who have these infections.¹⁶
- Vaccination may help protect you from getting these diseases and, in some cases, from passing them on to your family, friends, and co-workers.

Adults—young and old—can benefit from vaccination!

Are your vaccinations up to date?

Did you know...

- International travel is one of the ways you can get hepatitis A and hepatitis B.²¹
- If you plan to travel abroad, check with your doctor or the Centers for Disease Control and Prevention (CDC) to find out which vaccinations are recommended for you and your family.²¹
 - Visit <http://wwwn.cdc.gov/travel/contentVaccinations.aspx>
 - Or call 1-877-FYI-TRIP (1-877-394-8747) toll free

Travel more safely—get vaccinated before you go.

Are your vaccinations up to date?

Your doctor can tell you which vaccinations you need

Which vaccinations you may need depend on your personal medical history, job, gender, travel, or age.²² Your recommended vaccinations may include:

- Chickenpox
- Flu
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella
- Meningococcal (meningitis)
- Pneumococcal disease (pneumonia)
- Shingles (zoster)
- Tetanus, diphtheria, pertussis

**If you travel outside the United States,
you may need certain other vaccines.²¹**

Are your vaccinations up to date?

Don't let misinformation keep you from getting your recommended vaccinations

- Talk to your doctor to get reliable medical information about vaccination to help protect yourself, your family, and your community.
- For more information, visit www.cdc.gov.

**Make sure your vaccinations
are up to date—today.**



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For more information, contact your doctor or visit
www.CDC.gov.

