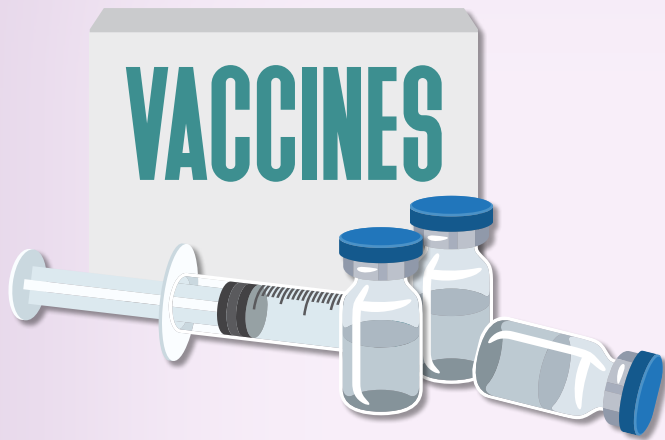


# Vaccines and Older Adults



## Adults Still Need Vaccines

The immune system weakens with age, so older adults are more likely to be infected and develop complications from vaccine-preventable diseases — including long-term illness, hospitalization, and death. Immunity from some vaccines can decrease over time, which means booster doses are necessary to maintain protection. Also, some bacteria or viruses change over time making annual vaccination necessary.

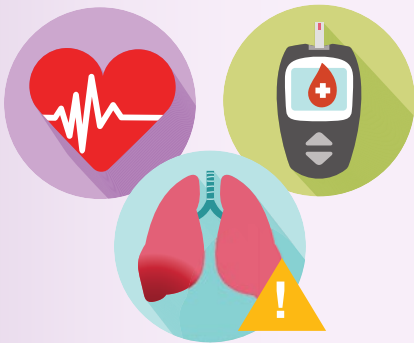
## Vaccines Work Even if They Don't Completely Prevent a Disease

Some people may still get the disease they were vaccinated against, but they will typically be less ill and less likely to experience complications.

### SHINGLES VACCINE (NVID 2015)

PREVENTS  
**~50%**  
of cases

**~90% effective**  
at **PREVENTING** and  
**LESSENING** the severity  
of shingles pain



## Skipping Vaccines is Even More Risky if You Have Serious Conditions

Chronic conditions like heart disease and respiratory illnesses, like COPD, can make it harder to fight off infection and make complications more severe. For example, flu increases your risk of heart attack if you have heart disease; can raise blood sugar to dangerous levels if you have diabetes; and can lead to pneumonia and serious respiratory problems if you have chronic lung disease.

## Even if Your Doctor Doesn't Bring it Up, You Still Need Vaccines

Most adults see more than one health care professional, and vaccine records may be scattered amongst them. Your health care professional may not know you are due for a vaccine or may forget to bring it up. That doesn't mean you don't need any vaccinations, so be sure to ask if you are up-to-date and use a wallet card or phone app to track which vaccines you have received and when.

**Vaccine Tracker**

Vaccine	Vaccine Type	Date	Next Dose Due
Tdap			
Td booster			
Shingles			
Varicella (chicken pox)			
Pneumonia			