

Adult Immunizations

You never outgrow your need for vaccines.

Vaccines are not just for kids. Regardless of age, adults need protection too! Over time, protection from childhood vaccines can wear off leaving adults at risk for diseases.

Vaccines protect not only adults but also their friends, families and communities. Talk to your healthcare provider about vaccines today.

Vaccines: Your best shot at prevention.

If you have questions about vaccines, ask your healthcare provider.

FOR ADDITIONAL INFORMATION ON VACCINES AND DISEASES, VISIT

- hhs.iowa.gov/public-health/immunization
- www.immunize.org
- www.cdc.gov/vaccines
- www.aap.org

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Immunize for a better life!



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INFLUENZA (FLU)

Influenza is a contagious, viral infection of the nose, throat and lungs. The flu is generally spread to others when an infected person coughs or sneezes.

Flu symptoms include:

- cough
- fever
- chills
- sore throat
- muscle body aches
- runny or stuffy nose
- headaches
- fatigue

Annual vaccination is recommended as the flu strains in the vaccine may change each year.

TETANUS, DIPHTHERIA, PERTUSSIS (WHOOPIING COUGH)

Adults should routinely receive a tetanus and diphtheria (Td) vaccine booster every 10 years. Pertussis vaccine protects adults and those around them from getting sick with whooping cough.

ZOSTER (SHINGLES)

Shingles is a disease that causes a painful rash often with blisters and may lead to long-term nerve pain. Risk of developing shingles increases with age and for those with a weakened immune system.

PNEUMOCOCCAL

Pneumococcal disease is a bacterial infection that can spread from person to person through close contact. It can lead to severe health problems including pneumonia, blood infections and meningitis.

ARE VACCINES SAFE?

Vaccines in the United States are safe and effective. Common side effects from vaccines are minor and include soreness where the vaccine was given or a low-grade fever. Such minor symptoms are normal and should be expected as the body builds immunity. Serious reactions are rare. Anyone who receives a vaccine should be fully informed about both the benefits and the risks. Any questions or concerns should be discussed with your healthcare provider.

Some adults may need additional vaccines based upon their medical history and previous vaccinations. If you have not received the following vaccines, talk to your healthcare provider.

- COVID-19
- Hepatitis A
- Hepatitis B
- HPV
- Measles-Mumps-Rubella (MMR)
- Meningococcal
- Varicella (chickenpox)
- Respiratory syncytial virus (RSV)

IMMUNIZATION RECORD

Proof of immunizations may be necessary throughout life. Talk with your healthcare provider about entering immunizations into Iowa's Immunization Registry Information System (IRIS) and to obtain copies of your records.

