"What vaccines do I need?"

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

**SHINGLES (HERPES ZOSTER) 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.

**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.

**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 36,000 people die from the flu. Most of these deaths are among adults 65 years old and older.

**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.

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.

FOR MORE INFORMATION visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
call 800-CDC-INFO (800-232-4636)
IN ENGLISH / EN ESPAÑOL — 24/7
or ask your healthcare provider.

Protect yourself and your loved ones against these illnesses by getting vaccinated.