



### What Vaccines do **You** need?

Adults need vaccines too! Take this quiz to find out which vaccines you may need.



Think of vaccines and you might envision teary-eyed kids at the doctor's office or flu clinic getting a cartoon character bandage on their arm after getting a shot. But there are plenty of reasons adults should get vaccines too - The vaccines you need as an adult depend on everything from your age and lifestyle to high-risk medical conditions, travel plans, and which shots you've had in the past. **The best reasons to get vaccinated are to protect yourself and to protect the people around you:**

- 1. You may no longer be protected.** You may have received a vaccine as a child. But some vaccines require a booster if you want to remain protected. Protection may not be life-long for diseases like pertussis (whooping cough), which is usually given with the diphtheria toxoid. The CDC recommends a booster for the latter every 10 years after an initial childhood series.
- 2. Getting vaccines helps protect your kids -- especially babies too young for vaccines.** Whooping cough vaccines are recommended for pregnant women (preferably between 27 and 36 weeks' gestation) and people who have contact with young babies. The same is true for the flu vaccine. There's no flu vaccine licensed for infants younger than 6 months old.
- 3. Some vaccines are just for adults.** The shingles vaccine is a good example. Shingles is caused by a reactivation of the chickenpox virus. It can cause a severe and painful skin rash. The risk for shingles increases as a person ages & is recommended for adults 60+.
- 4. You may need them when you travel.** Headed to the developing world? You may run into illnesses you'd never find at home.
- 5. Everyone needs a flu vaccine, every year.**
- 6. You didn't get fully vaccinated as a child.** Not everyone was, or is, fully vaccinated as a child.
- 7. Newer vaccines have been developed.** Some vaccinations recommended for adults are fairly new.
- 8. You have asthma, heart, lung disease, diabetes, or other chronic disease.** Or you smoke cigarettes. Or your immune system is otherwise compromised. The pneumococcal vaccine helps prevent serious disease such as pneumonia, meningitis, and blood infection caused by the bacterium *Streptococcus pneumoniae*. Get it because you may be at increased risk for these infections,

### Immune System Boosters

Feeding your body certain foods may help to keep your immune system running strong.

**CITRUS:** Most people turn to vitamin C after they've caught a cold. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections.

**RED BELL PEPPERS:** Ounce for ounce, red bell peppers have 2x as much vitamin C, as well as being a rich source of beta-carotene..

**BROCCOLI/SPINACH:** Packed with vitamins A, C, and E, as well as numerous antioxidants, these two are some of the healthiest vegetables you can put on your table.

**YOGURT:** The live cultures may stimulate your immune system to help fight diseases. Yogurt can also be a great source of vitamin D, so try to select brands fortified with vitamin D.

**ALMONDS:** Vitamin E is a fat-soluble vitamin, meaning it requires the presence of fat to be absorbed properly. Nuts (especially almonds) are packed with vitamin E. A half-cup serving provides nearly 100 % of the recommended daily amount.

