

Why Get Vaccinated...

Did you know?

Each year, more than 46,000 adults die or get ill from diseases that can be prevented with a vaccine. Children aren't the only ones who need to get vaccinations (shots). Adults need them too.



All vaccines protect you from getting diseases. For some conditions that spread easily, vaccines also protect others around you from getting a disease.

Vaccines are one of the most important accomplishments of the past 100 years. No one in the U.S. has smallpox anymore because of vaccines. And very few children get measles, diphtheria, or whooping cough anymore.

Do vaccines (shots) make you sick?

Sometimes, after a shot, you might feel a little pain where the needle went in. Sometimes, you can have a mild fever the next day. More serious reactions are rare.

The good things that come from vaccines are much more important. By getting the shots your provider recommends, you can be protected from many diseases.

- Flu shots: Adults age 50 and older, and some younger adults, should get a flu shot every year.
- Tetanus shots: Get one every 10 years to protect yourself from this disease, also known as lockjaw.
 - If you're between 19 and 64 years old, you should also get one dose of Tdap, a special form of the tetanus vaccine, to help protect you against whooping cough.
- Pneumonia shot: Adults should get the pneumonia shot when they turn 65. Younger adults who have heart, lung, liver or chronic kidney disease, diabetes, sickle cell disease, or have a weakened immune system should also get the pneumonia shot.
- Other vaccines such as Hepatitis A, Hepatitis B, MMR, Shingles, and HPV may also be recommended for you. Check with your provider.