

Know now: You never outgrow vaccines



Staying up to date on your immunizations is important, even as an adult. Vaccinate to keep yourself, your family, and your whole community protected from dangerous, but preventable, diseases. Your primary care physician (PCP) can help you stay informed and get the vaccinations you need.

Vaccines are important



Vaccines are one of the most effective preventive care methods. It's crucial that everyone participate in order to keep our whole population healthy and safe from preventable viruses.

Why vaccines are recommended for adults, too



Most of us received a number of immunizations as children. But did you know that many of those vaccinations can wear off over the years? Also, as we age, we can become more susceptible to certain diseases, such as shingles, that can be much more severe in adults.



We're here to help you stay healthy and safe.

Ask your care team what you need to do to stay up to date on your immunizations.

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A dose of community care



What vaccines may be recommended based on your lifestyle

Adults are recommended to receive the following vaccines, though your PCP may recommend additional immunizations depending on travel habits, lifestyle, or medical conditions:



- COVID-19 vaccine
- An annual influenza (flu) vaccine
- Tetanus (td or tdp) at least every 10 years

Adults may be recommended the following vaccines based on their age:

- Shingles vaccine (aged 50 and older)
- Pneumococcal vaccine (aged 50 and older)
- Respiratory syncytial virus (RSV) vaccine

How your PCP can help you stay healthy

Not everyone's vaccination needs are the same. Your PCP can help you set up a vaccination schedule based on your specific health needs and risk factors, including:



- Age
- Health conditions, such as heart disease, Diabetes, lung disease, or a weakened immune system
- Profession, such as being a health care worker
- Recent or upcoming international travel



To find a PCP or schedule an appointment, scan the code.



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