

# Age well, vaccinate well



As we gracefully age, our immune systems can naturally become a bit less robust. This means we are more susceptible to certain infections. Talk to your doctor or healthcare provider about which vaccines are recommended for you based on your age, health conditions, and lifestyle.



## RECOMMENDED IMMUNIZATIONS FOR OLDER ADULTS

- **Influenza (flu) vaccine:** The flu can be much more serious for older adults, potentially leading to complications like pneumonia. An annual flu shot is your best defense.
- **Pneumococcal vaccine:** Pneumococcal disease can cause serious infections in the lungs (pneumonia), blood (bacteremia), and brain (meningitis). Two types of pneumococcal vaccines are recommended for most adults 65 years or older: PCV15 or PCV20.
- **Respiratory syncytial virus (RSV) vaccine:** RSV infection can cause serious respiratory illness, especially in older adults. Vaccination is recommended for everyone ages 75 and older, and for those ages 60-74 at increased risk for severe RSV disease.
- **Shingles vaccine:** Shingles is a painful rash caused by the reactivation of the varicella-zoster virus – the same virus that causes chickenpox. Even if you had chickenpox as a child, you can still get shingles. The shingles vaccine, Shingrix, is highly effective in preventing shingles and its complications, like long-lasting nerve pain. Two doses are typically recommended.
- **COVID-19 vaccine:** Vaccination against COVID-19 remains crucial for older adults, who are at higher risk of severe illness, hospitalization, and death from the virus. Staying up to date with recommended doses, including boosters when eligible, offers significant protection.
- **Tetanus, diphtheria, and pertussis (Tdap) vaccine:** This vaccine protects against three serious bacterial diseases. Any adult who didn't get the Tdap vaccination as an adolescent should get one dose, then get a Tdap booster shot every 10 years.
- **Hepatitis B vaccine:** Hepatitis B is a serious liver infection. Vaccination is recommended for adults 19-59 years of age if they have not yet received the vaccine. Adults 60 years and older are recommended to get vaccinated if they are at increased exposure to hepatitis B. Your doctor can help you determine if you are at risk for Hepatitis B.