

Adult Immunization Schedule

Adults	Tetanus/Diphtheria/ Pertussis - <i>every 10 years</i>	
All Patients	Flu Vaccine - <i>annually</i>	COVID Vaccine - <i>primary series and boosters as recommended</i>
Adults 50 yrs. +	Shingles - 1st dose	Shingles - 2nd dose <i>2 - 6 months later</i>
Adults 65 yrs. +	Prevnar13®	PNEUMOVAX®23 <i>1 year later</i>

Patients with Special Considerations

Adults 19-64 yrs.

with sickle cell disease, no spleen, immunodeficiencies, HIV, chronic renal failure nephritic syndrome, cancer, or post-transplant

Prevnar13®

PNEUMOVAX®23
8 weeks later

PNEUMOVAX®23
5 years later

PNEUMOVAX®23
**only 65 yrs. + 5 years later*

Adults 19-64 yrs.

with heart, lung, or liver diseases, diabetes, or alcoholism

PNEUMOVAX®23

Prevnar13®
65 yrs. + 1 year later

PNEUMOVAX®23
65 yrs. + 1 year later

Adults 19 yrs. +
who are at high risk for exposure of hepatitis A, or have risk factors as defined by the CDC

Hepatitis A - 1st dose

Hepatitis A - 2nd dose
6 months later

Adults 19 yrs. +
who have diabetes, end-stage renal or liver disease, HIV, are at high risk for exposure of hepatitis B, or have additional risk factors as defined by the CDC

Hepatitis B - 1st dose

Hepatitis B - 2nd dose
1 month later

Hepatitis B - 3rd dose
3 months later

Information Continued on Other Side

What the Recommended Immunizations Protect You From:

Tetanus, Diphtheria, Pertussis

Tetanus, Diphtheria, and Pertussis are infections caused by bacteria. Diphtheria and pertussis spread through coughing or sneezing. Tetanus enters the body through cuts, scratches, or wounds.

Tetanus (*Lockjaw*) causes painful muscle tightening and stiffness. It can lead to tightening of muscles in the head and neck so you are unable to open your mouth, swallow, or even breathe. Tetanus kills about 1 out of every 10 people who are infected, even after receiving the best medical care.

Diphtheria can cause a thick bacteria coating in the back of the throat that may lead to breathing problems, heart failure, paralysis, and death.

Pertussis (*Whooping cough*) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep. It can also lead to weight loss, incontinence, and rib fractures. Up to 2 in 100 adolescents and 4 in 100 adults with pertussis are hospitalized or have complications.

Influenza (Flu)

Influenza is a contagious disease that spreads around the United States every year, usually between October and May. It is caused by influenza viruses, and spreads mainly by coughing, sneezing, and close contact. Anyone can get influenza. It strikes suddenly and can last several days. Symptoms vary by age, but may include:

fever/chills cough sore throat headache
muscle aches fatigue stuffy or runny nose

Influenza may lead to pneumonia and blood infections, and can cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, influenza may make it worse.

Shingles

Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. A rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Its main symptom is pain, which can be quite severe and last long after all other symptoms resolve. Other symptoms of shingles may include fever, headache, chills, and upset stomach. Rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.

Pneumococcal Disease

Pneumococcal disease is caused by bacteria in the nose or throat that can spread from person to person by coughing, sneezing, or touch. It may cause ear infections and can lead to more serious infections of the lungs (pneumonia), blood (bacteremia), and covering of the brain and spinal cord (meningitis). Pneumococcal meningitis can cause deafness and brain damage and can be fatal.

Hepatitis A and Hepatitis B

Hepatitis A is a serious liver disease caused by the hepatitis A virus. It is spread from person to person through contact with the feces (stool) of people who are infected. This easily happens when someone does not wash their hands properly. You can also get hepatitis A from food, water, or contaminated objects. Symptoms of hepatitis A may include:

- Fever, fatigue, loss of appetite, nausea, vomiting, and/or joint pain
- Severe stomach pains and diarrhea (mainly in children)
- Jaundice (yellow skin or eyes), dark urine, or clay-colored bowel movements

Hepatitis B is a liver infection caused by the hepatitis B virus. The virus is spread when infected blood, semen, or other body fluids enter an uninfected person's body.

Examples of transmission include:

- An infected mother spreading the virus to her baby during birth
- Sex with an infected partner
- Sharing needles, syringes, or drug preparation equipment
- Sharing personal hygiene items like a toothbrush or razor
- Sharing medical equipment like a glucose monitor
- Direct contact with blood or open sores of an infected person

However, the hepatitis B virus is not spread through food, water, breastfeeding, hugging, kissing, holding hands, coughing, or sneezing. Hepatitis B can cause mild illness lasting a few weeks or lead to a lifelong illness.

Mild illness can cause:

- Fever, fatigue, loss of appetite, nausea, and/or vomiting
- Jaundice (yellow skin or eyes), dark urine, or clay-colored bowel movements
- Pain in muscles, joints, and stomach

Lifelong hepatitis B can cause:

- Liver damage (cirrhosis) or liver cancer
- Death