

What Can You Do?

Many adults do not get the shots they need to stay healthy.

Adults need shots to protect themselves *and* the ones they love from serious illness.

Ask your doctor, pharmacist, or local health department if you are due for any shots.

Questions?

For more information, please visit us online at:

- <https://www.tn.gov/health/cedep/immunization-program.html>
- <https://www.tn.gov/aging.html>

Or call the TN Immunization Program (TIP) toll free at:

- 800-404-3006

Protect yourself and your loved ones.
www.cdc.gov/vaccines/adults

DON'T WAIT. VACCINATE!

Learn More

This information has been brought to you through the collaboration of the:

TN Immunization Program (TIP)

710 James Robertson Parkway
Andrew Johnson Tower, 3rd Floor
Nashville, TN 37243
Phone: 800-404-3006 Fax: 615-532-8526
E-mail: TennHS.Training@tn.gov

and the

TN Commission on Aging and Disability (TCAD)

502 Deaderick Street
Andrew Jackson Building, 9th Floor
Nashville, TN 37243
Phone: 866-836-6678 E-mail: TN.Aging@tn.gov



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Adult Shots



SHOTS

are not just for kids.

*Shots aren't just for kids...
Adults need shots, too!*

*Protect yourself
and those you love!*

Adult Shots

Here is a summary of shots recommended for adults:

 **Influenza** (“flu”) = 1 shot every year

 **Shingles** = 2 shots after age 50

 **Pneumococcal** (“pneumonia”) = 2 shots after age 65

 **Tetanus** (“lockjaw”), **Diphtheria**, & **Pertussis** (“whooping cough”) = 1 shot every 10 years

Influenza

The “flu” can make you very sick and it can even lead to death. Anyone can get flu and even people who are young and healthy can die from it. People who are 65 years and older; people with medical conditions like asthma, diabetes, or heart disease; pregnant women, and children younger than 5 years are more likely to get seriously ill or die from flu. **The flu kills tens of thousands of Americans every year. The flu shot Does NOT give you the flu.**

Flu usually starts quickly. It may cause fever, cough, sore throat, runny or stuffy nose, body aches, chills, tiredness, runny stools and throwing up. What some people call “stomach flu” is NOT caused by flu germs, but by other kinds of germs.

*** The best way to prevent flu is to get a flu shot EVERY YEAR to protect yourself and the people around you.**

Shingles

Shingles is a painful rash caused by the same germ that causes chickenpox. If you have had chicken pox, you have a 1 in 3 chance of getting shingles.

You can get shingles at any age, but it is more common in older adults. Older adults are also more likely to get very sick. Shingles can cause pain that may last for months or years after the rash goes away.

*** The best way to prevent shingles is to get 2 shingles shots after age 50.**

Pneumococcal

Pneumococcus is a germ that causes sickness of the lungs, brain and blood. Pneumococcal disease can cause hearing loss, seizures, blindness, and paralysis. It kills thousands of Americans every year.

Anyone can get pneumococcal disease, but adults age 65 and older are more likely to get it than others and are more likely to get very sick.

Pneumococcal disease symptoms can start very quickly. People may have fever, chills, cough, trouble breathing, chest pain, neck pain, confusion, and complain that the light hurts their eyes.

*** The best way to prevent pneumococcal disease is to get pneumococcal shots (sometimes called “pneumonia” shots).** There are 2 different pneumococcal shots that all adults should get starting at age 65. Your doctor or pharmacist can tell you what shots you need and the timing that is right for you.



Tetanus

Tetanus is an infection caused by a germ that gets into the body through broken skin like a cut, puncture wound (from a nail, needle, or other sharp object), burn, or sore. Tetanus germs are everywhere — in dirt, dust, and manure — so you can get it from an injury or from a simple activity like gardening. Tetanus infection is often deadly.

Some people call tetanus “lockjaw” because one of the most common signs of this infection is tightening of the jaw muscles. People also have trouble swallowing, seizures, headache, fever, sweating, and changes in blood pressure and heart rate.

*** The best way to prevent tetanus is to get a tetanus (*Td*) shot every 10 years.**

Pertussis

Also called “whooping cough”, pertussis is a very contagious illness caused by a germ that spreads by coughing or sneezing.

Many babies who get pertussis catch it from older brothers and sisters, parents, or caregivers who don't know they have the disease. Early symptoms last 1 to 2 weeks and are runny nose, low-grade fever, mild cough, or a pause in breathing (in babies).

After 1 to 2 weeks, “fits” of coughing, sometimes with a high-pitched “whoop” sound, may start. Coughing fits may hurt or cause people to throw up. The cough can last for months.

Pertussis makes babies and young children very sick and can sometimes cause death. It is very important for adults to get a pertussis shot to help protect the babies in their lives from getting sick.

*** The best way to prevent whooping cough is to get a pertussis shot.** All adults should get a *Tdap* shot, which protects against three diseases (whooping cough, diphtheria, and tetanus). Check with your doctor or pharmacist about getting the *Tdap* shot, especially if you are around babies.