

Monday, November 17, 2008

ADULT IMMUNIZATION: ARE YOU UP-TO-DATE?

Indianapolis – Vaccines are not just for infants and children. The Indiana Adult Immunization Coalition wants adults to know that at any age, immunization provides the longest-lasting, most effective protection against disease.

Dr. Roland Grieb, Chair of the Coalition, suggests adults follow this schedule to maintain their health.

Vaccine	19–49 years	50–64 years	65 years and older
Influenza	1 dose every year if you have a chronic health problem, are a healthcare worker, have close contact with certain individuals, are pregnant* or if you simply want to avoid getting influenza	1 dose every year	
Pneumococcal (PPV-23)	1–2 doses if you have certain chronic medical conditions*	You need 1 dose at age 65 if you’ve never been vaccinated.	
Tetanus, diphtheria, pertussis (Td, Tdap)	1 Td booster every 10 years Up to 65 years of age, substitute a one-time dose of Tdap vaccine for Td to protect against pertussis (whooping cough)		
Hepatitis B	3 doses for people with medical, occupational or lifestyle risks		
Hepatitis A	2 doses for people with medical, occupational or lifestyle risks		
Human Papillomavirus (HPV)	3 doses for females age 9 – 26 years		
Measles, mumps, rubella (MMR)	1-2 doses if you were born in 1957 or later		
Varicella (Chickenpox)	All adults who have not had chickenpox disease need 2 doses		
Meningococcal	1 dose for young adults going to college and living in a dormitory		
	1-2 doses for people with certain medical conditions*		
Zoster (shingles)		1 dose for all adults 60 years or older	

* Ask your healthcare provider about your need for this vaccine.

The Indiana Adult Immunization Coalition is a voluntary group of health and older adult focused organizations dedicated to eradicating vaccine preventable deaths and disease among adults. The Coalition promotes education and outreach activities to increase awareness of and participation in adult immunizations.