

# Adults Need Vaccines Too.

Even if you feel healthy, adults' immune systems weaken with age. Adults of all ages need to get vaccines to help keep their immune systems in fighting shape.

## Vaccines can help protect you and your loved ones.

Vaccines work by teaching your body how to recognize and fight harmful germs. If you catch a disease, you might get some protection against these germs. But vaccines provide a safer and more reliable way to build up your body's defenses.

## Getting vaccines as an adult can help protect you from diseases like

- Flu
- Tetanus
- Diphtheria
- Whooping Cough
- Measles
- Mumps
- Rubella
- Chickenpox
- Shingles
- HPV
- COVID-19
- Hepatitis A
- Hepatitis B

## And lower your chances of

- Missing time out of work or school
- Going to the hospital
- Feeling long-lasting side effects from getting sick



- Spreading a disease to kids and older adults
- Death that could've been avoided with a vaccine

**Talk to your healthcare provider today to see what vaccines are right for you and your family.**



## Know your personal risk.

We all have different bodies that work in slightly different ways. Some health problems can weaken our immune systems even more.

Some people might need more vaccines than others, like those who have:

- Diabetes
- Heart Disease
- HIV Infection
- Liver Disease
- COPD or Asthma

Updated March 2023



Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

Disclaimer: This project was funded in whole by a cooperative agreement with the Centers for Disease Control and Prevention grant number 5 NU50CK000588-03-00. The Centers for Disease Control and Prevention is an agency within the Department of Health and Human Services (HHS). The contents of this resource center do not necessarily represent the policy of CDC or HHS and should not be considered an endorsement by the Federal Government.