



News Release

Vaccines Needed For Older Adults, Too

By Yolanda Cabrera, RN, DCHD Immunizations Bureau Manager

(Clearfield, Utah) – As a mature adult, you are busy with life and have many responsibilities – but don't forget to take care of yourself! Throughout our lives, we all need shots (vaccines) to help protect us from serious diseases. This protection comes from immunizations.

According to the CDC, every year in the United States thousands of adults become seriously ill and are hospitalized because of diseases that vaccines can help prevent. These diseases can be deadly for many adults. Make sure you are vaccinated for the best protection.

The need for vaccines does not go away with age. In fact, there are specific ages in your adult life when vaccinations are recommended. Also, protection from vaccines you received as a child can wear off over time, and there are more vaccines available now.

Adults can be protected from 14 deadly diseases such as flu, pneumonia, measles, mumps, rubella, hepatitis A, hepatitis B, tetanus, diphtheria, pertussis (whooping cough), herpes zoster (shingles), chickenpox, HPV, and meningococcal.

The risks of being unvaccinated are:

- Up to a month of missed work or school days
- Millions of hospitalizations and hundreds of thousands of deaths
- Tens of thousands of chronic illnesses and permanent disabilities
- Spreading diseases to the most vulnerable - children and older adults

Adults with chronic conditions are more likely to develop complications from vaccine-preventable diseases according to the CDC. Complications can include long-term illness, hospitalization, and even death. People with heart disease, or those who have had a stroke, asthma, chronic obstructive pulmonary disease (COPD), or other conditions have a higher risk of serious medical complications from the flu and pneumonia.

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People with type 1 or type 2 diabetes have a higher risk of hepatitis B virus infection. Hepatitis B can spread from the sharing of blood glucose meters, finger stick devices, or other diabetes care equipment.

Visit Davis County Health Department clinics in Clearfield and Bountiful/Woods Cross or talk to your medical provider about which vaccines are right for you and make sure you are up to date on recommended vaccines.

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