Learn how vaccines can keep you healthy

Did you know?

- The flu is a contagious (easily spread) respiratory disease caused by the influenza virus.
- Being sick with the flu can lead to hospitalization, pneumonia, and even death.
- Annual flu vaccination reduces risk for hospitalization by up to 70 percent.
- Individuals who get vaccinated last year and by up to 80 percent for individuals only getting during flu season.
- Get your flu vaccine each year to protect your health.

What vaccines are recommended for adults with heart disease?

**Flu Vaccine**
- Prevents seasonal influenza (flu) infection and its complications.
- Reduces risk for hospitalization by up to 70 percent.
- Reduces risk for severe flu illness and death by up to 80 percent.
- Annual flu vaccine reduces risk for cardiovascular events by up to 53% for individuals.

**Pneumococcal Vaccine**
- Pneumococcal disease is a bacterial disease that can lead to serious infections of the lungs, blood, and many other parts of the body.
- About 1 in 10 people who die from pneumococcal disease are over age 65.
- Get the Pneumococcal Vaccine initially at age 65 or within 10 years of first dose if you are 19-64 years old and have been diagnosed with a condition that increases your risk for pneumococcal disease.

**Tdap/Td Vaccine**
- Tdap vaccine protects against tetanus, diphtheria, and pertussis.
- One dose of Tdap is recommended for adults, at 11 to 18 years, and every 10 years.
- Two doses of Td are recommended at ages 11 to 18 years and every 10 years, with the first dose given at least one year and up to 36 months since the first dose.

**Shingles Vaccine**
- Shingles vaccine protects against shingles, which is a painful rash caused by the same virus that causes chickenpox.
- If you had chickenpox, you are at risk for developing shingles.
- Shingles can cause severe pain, disfigurement, and permanent disability.
- The risk of severe complications from shingles increases with age.
- If you have shingles, you are at increased risk for developing pneumonia and other serious infections.

**HPV Vaccine**
- The HPV vaccine helps to protect against human papillomavirus, a common virus that can lead to six types of cancers later in life.
- HPV can invade the skin and mucous membranes of the mouth, cervix, penis, and anus.
- Some HPV types can cause cancers of the mouth, throat, tongue, and neck.
- Others can cause cancer of the cervix.

For more information, please visit: [vaccinefinder.org](vaccinefinder.org)