



A CUP OF HEALTH WITH CDC

Get Your Big Boy Shots

Recommended Adult Immunization Schedule — United States, 2012

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

You may think vaccines are just for kids, but there are nearly a dozen vaccines recommended for people over the age of 18. Unfortunately, many adults aren't getting the recommended vaccines.

Dr. Carolyn Bridges is a physician with CDC's National Center for Immunization and Respiratory Diseases. She's joining us today to discuss the importance of adults staying up-to-date with their vaccines. Welcome to the show, Carolyn.

[Dr. Bridges] Thank you for having me.

[Dr. Gaynes] Carolyn, what are the benefits of vaccines for adults?

[Dr. Bridges] Well, there are a number of different vaccines that can help adults. One, vaccinating adults can prevent diseases, not only in the adults, but also in people too young to be vaccinated who are near them. In addition, some vaccines can help prevent hospitalization, death, and even lost work.

[Dr. Gaynes] What vaccines do *all* adults need?

[Dr. Bridges] There are a number of vaccines that all adults need and that can vary a little bit by what age they are. Influenza vaccine is needed every year for everyone. Pneumococcal vaccine is recommended for people at age 65 and older but can also be recommended for younger people who have certain chronic conditions. The zoster vaccine is recommended at age 60. This vaccine prevents shingles disease. The Tdap vaccine, or whooping cough vaccine, prevents not only against whooping cough, but also against tetanus and pertussis. This vaccine is needed every 10 years.

[Dr. Gaynes] Are there other vaccines that adults *may* need?

[Dr. Bridges] Yes. There are a number of different vaccines that adults *may* need, and people should check with their physician about those vaccines. Some of them are recommended based on travel, such as hepatitis B and hepatitis A vaccine. Others are recommended based on a person's occupation. For example, all health care workers need the MMR vaccine. And other vaccines may be recommended based on a person's medical conditions or other lifestyle issues. There are some other vaccines that adults

may need if they didn't get them as children. One example is a Human Papillomavirus, or HPV, vaccine.

[Dr. Gaynes] Carolyn, where can listeners get more information about adult vaccination?

[Dr. Bridges] Listeners can get more information at www.cdc.gov/vaccines, and they should also talk with their health care provider who can help them understand which vaccines they may need.

[Dr. Gaynes] Thanks, Carolyn. I've been talking today with Dr. Carolyn Bridges of CDC's National Center for Immunization and Respiratory Diseases about the importance of ensuring adults are up-to-date on their vaccines.

There are nearly a dozen vaccines that are recommended for people over the age of 18. Check with your health care provider to see what vaccines you might need.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.