

Are You at Higher Risk of Getting a Serious Infection?

Many adults do not know there are safe vaccines that will lower their chances of getting serious infections. Some people need more protection than others so that they and others around them can stay healthy.

ARE YOU:

- Pregnant
- A healthcare, public safety, or lab worker
- An international traveler
- Living in a dormitory
- Living in a long-term care facility
- A man who has sex with men

DO YOU:

- Smoke
- Use street drugs

DO YOU HAVE:

- Asthma
- Blood clotting factor disorder
- Chronic alcoholism
- Diabetes
- Heart, kidney, liver, lung, sickle cell, or spleen disease
- HIV
- A weakened immune system (due to certain diseases, cancers, or medicines)

DO ANY OF THOSE APPLY TO YOU?

If **yes**, you might be **more likely** than other people to develop serious problems from some diseases, such as:

- Seasonal flu (respiratory)
- Invasive pneumococcal disease
- Whooping cough (pertussis)
- Human papillomavirus (HPV), which can cause certain cancers and genital warts
- Chicken pox (varicella)
- Shingles (herpes zoster)
- Measles, mumps, and rubella
- Meningitis
- Hepatitis

If **no**, you still need certain vaccines to be protected against all of the above infections.

After you get a vaccine, you may have mild problems like a sore arm or low-grade fever, but these do not last long.

Experts only recommend vaccines when the benefits are greater than the risks.

Your doctor can determine whether you need extra protection, or if you might need to avoid certain vaccines.

You can also visit www2a.cdc.gov/nip/adultimmsched to determine which vaccines you need. By the way, doctors and their families get these vaccines to protect themselves, their loved ones, and their patients, too!

