

### Are vaccines safe?

**Yes!** Vaccines are among the safest medicines available. Vaccines are tested before they are licensed to make sure they are safe and to see how well they protect people against disease. Vaccines are also monitored for side effects after they are licensed.

Like all medications, vaccines are not 100 percent risk-free. Some people may have mild side effects, like a slight fever or soreness at the injection site. Severe vaccine reactions are rare.

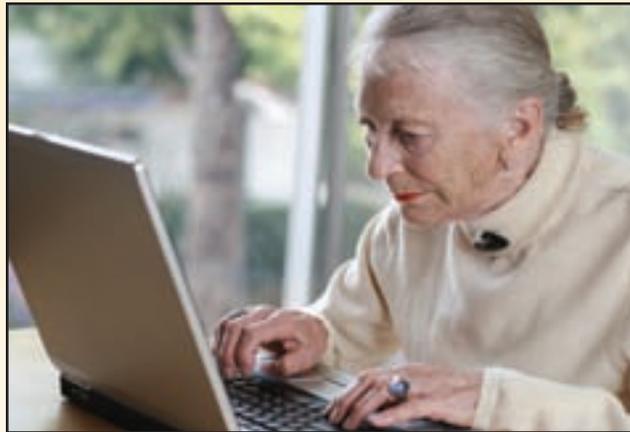
### Are you traveling out of the country?

You may need other vaccines to protect yourself against diseases that are not common in the U.S. Ask your doctor, nurse, or local health department if you have questions about recommended vaccines. For more information about travel vaccines, visit: [www.cdc.gov/travel](http://www.cdc.gov/travel)



### Where can I get more information?

- **Your Health Care Provider**
- **Local Health Department**
- **NJ Department of Health and Senior Services Vaccine Preventable Disease Program**  
609-826-4860  
<http://nj.gov/health/cd/vpdp/index.shtml>
- **Centers for Disease Control and Prevention Vaccines & Immunizations**  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
1-800-CDC-INFO (232-4636)
- **Immunization Action Coalition**  
<http://www.immunize.org/>

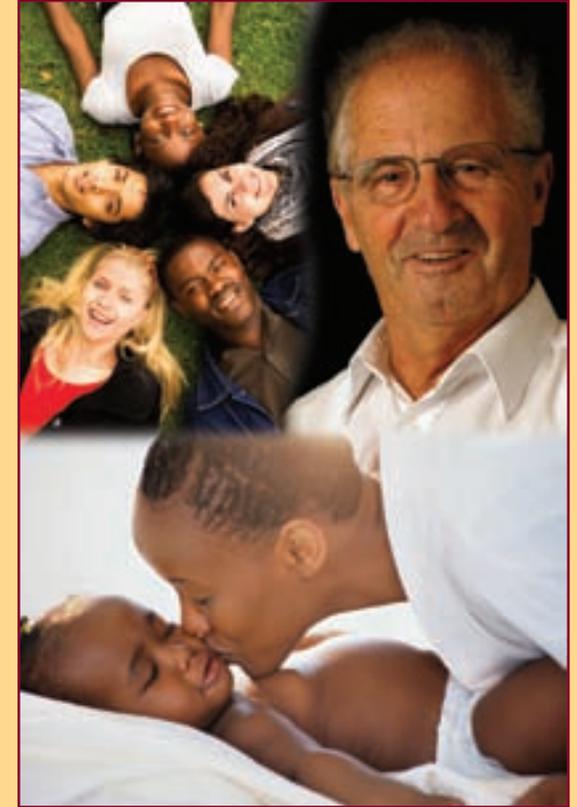


**Please consult with your healthcare provider for your specific needs. This brochure is not a substitute for medical advice.**

Special thanks the Washington State Department of Health for permission to modify their adult immunization brochure.

# Adult Immunization

## Protect Yourself



## and Your Loved Ones



**Chris Christie**, Governor  
**Kim Guadagno**, Lt. Governor



**Poonam Alaigh, MD, MSHCPM, FACP**  
Commissioner

## Why do *adults* need immunizations?

Vaccine preventable diseases have no age limits – you can get them any time in your life.



Too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines. Everyone, from young adults to senior citizens, can benefit from immunizations.

By getting vaccinated, you protect not just yourself, but also your loved ones:

- those who aren't fully immunized because they haven't completed their childhood immunizations yet, and
- those who can't be immunized because they are too young or they have certain medical conditions.

Many health plans cover recommended immunizations. Check with your insurance plan or health care provider.



### Disease

### Doses of Vaccine Recommended for Adults

**Chickenpox (varicella)**

Two doses are recommended for adults who have not had chickenpox.

**Hepatitis A**

Two doses of hepatitis A vaccine are recommended for: people with chronic liver disease; people with blood clotting disorders; people who live with or care for a person with hepatitis A; people who anticipate close, personal contact with an international adoptee from a county where hepatitis A is prevalent; injection drug users; men who have sex with men; people working with hepatitis A infected primates or with hepatitis A virus in a research laboratory setting and some international travelers.

**Hepatitis B\***

Three doses of hepatitis B are recommended for: health care professionals; men who have sex with men; people with multiple sexual partners; patients receiving hemodialysis; injection drug users; and individuals with HIV infection, chronic liver disease or end-stage renal disease.

**Human Papillomavirus (HPV)**

Three doses are recommended for women aged 19-26, if not received when they were younger. Men may also get three doses to protect against genital warts.

**Influenza (flu)**

One dose is recommended every year for all adults.

**Measles, Mumps, and Rubella (MMR)\***

Two doses of MMR vaccine are recommended for all people born in 1957 or later. This vaccine also is recommended for health care workers, college students, and international travelers.

**Meningococcal\***

One dose is recommended for college freshmen living in dorms, adults with a damaged or removed spleen, people with immune system disorders, military recruits, microbiologists exposed to meningococcal bacteria, and some international travelers. Those who have an increased risk of infection may need to be revaccinated.

**Pneumococcal**

One dose is recommended for adults 65 and older and for people with chronic conditions or weakened immune systems. Some people may need two doses of this vaccine.

**Tetanus, diphtheria, and pertussis (Tdap)/Td**

All adults should get a tetanus (Td) booster every 10 years. One dose of Tdap should replace a single tetanus booster for adults under 65 years.

**Shingles (Herpes Zoster)**

One dose is recommended for adults 60 and older, whether or not they have had shingles.

\* Requirements for college students based on the Higher Education Immunization Rule N.J.A.C. 8:57-6