LOOK INSIDE
For a checklist of vaccines all adults should have, see page 5!

Adult Vaccination

Protecting Your Health and Your Heart

ABC Association of Black Cardiologists, Inc.
Saving the Hearts and Minds of a Diverse America

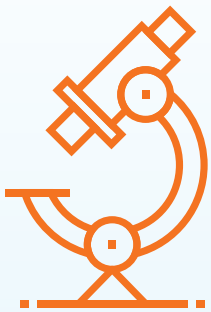
Protect Your Future Health

When most of us think of vaccines, we think of the shots we got as children. But it's important for adults to be vaccinated, too. This is especially true if you or your loved one has been diagnosed with heart disease or another chronic health condition (such as asthma, diabetes, kidney disease, etc.).

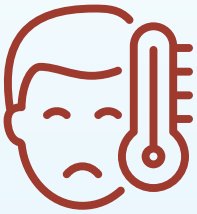
One reason is that the immunity provided by some of the vaccines you received as a child can wear off over time. You may need a boost as an adult to stay protected. You may also be at a higher risk for certain diseases now because of your age, job, travel, or hobbies. In all cases, staying up-to-date with vaccines is one of the best and easiest ways to stay protected against preventable diseases and to protect those around you who may be vulnerable.

How Vaccines Work

Vaccines help your body create immunity, or resistance, to certain diseases by imitating an infection. Unlike an actual infection, vaccines do not cause illness. Instead, they trigger your immune system to create antibodies and lymphocytes to fight infections.

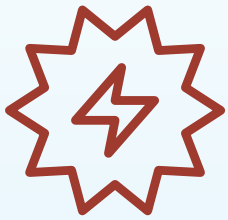


Vaccines are made using information about the germs (viruses or bacteria) that **will be prevented by the vaccine**, such as how the virus infects cells and how your immune system responds to it.



Vaccines won't make you sick, but you might have minor side effects after having one, such as soreness where you got the shot and a fever. These **mild symptoms are normal and should be expected** as your body builds up immunity.

With some types of vaccines, the first dose doesn't provide as much immunity as possible. To **build more complete protection**, more than one dose may be needed.



While some vaccines last a lifetime, with others, immunity can wear off over time. When that happens, **a booster dose can help** bring immunity levels back up.

VACCINES AND HEART HEALTH

People who have a heart condition or who have had a stroke are at greater risk for serious problems from certain diseases. For example, vaccine-preventable diseases, including the flu, can put you at a higher risk of having another heart attack if you've had one before. Having a heart condition such as heart failure, coronary artery disease, and possibly high blood pressure can make you more likely to get very sick from COVID-19.

The best way to protect yourself if you have heart disease, or another chronic health condition, is with vaccination. Even if you are healthy, getting vaccinated helps protect those around you who may be at higher risk for complications if they are exposed to an illness.

➜ To learn more about the most important vaccines you should have when you have heart disease, stroke, or another chronic health condition, see the chart on page 7.

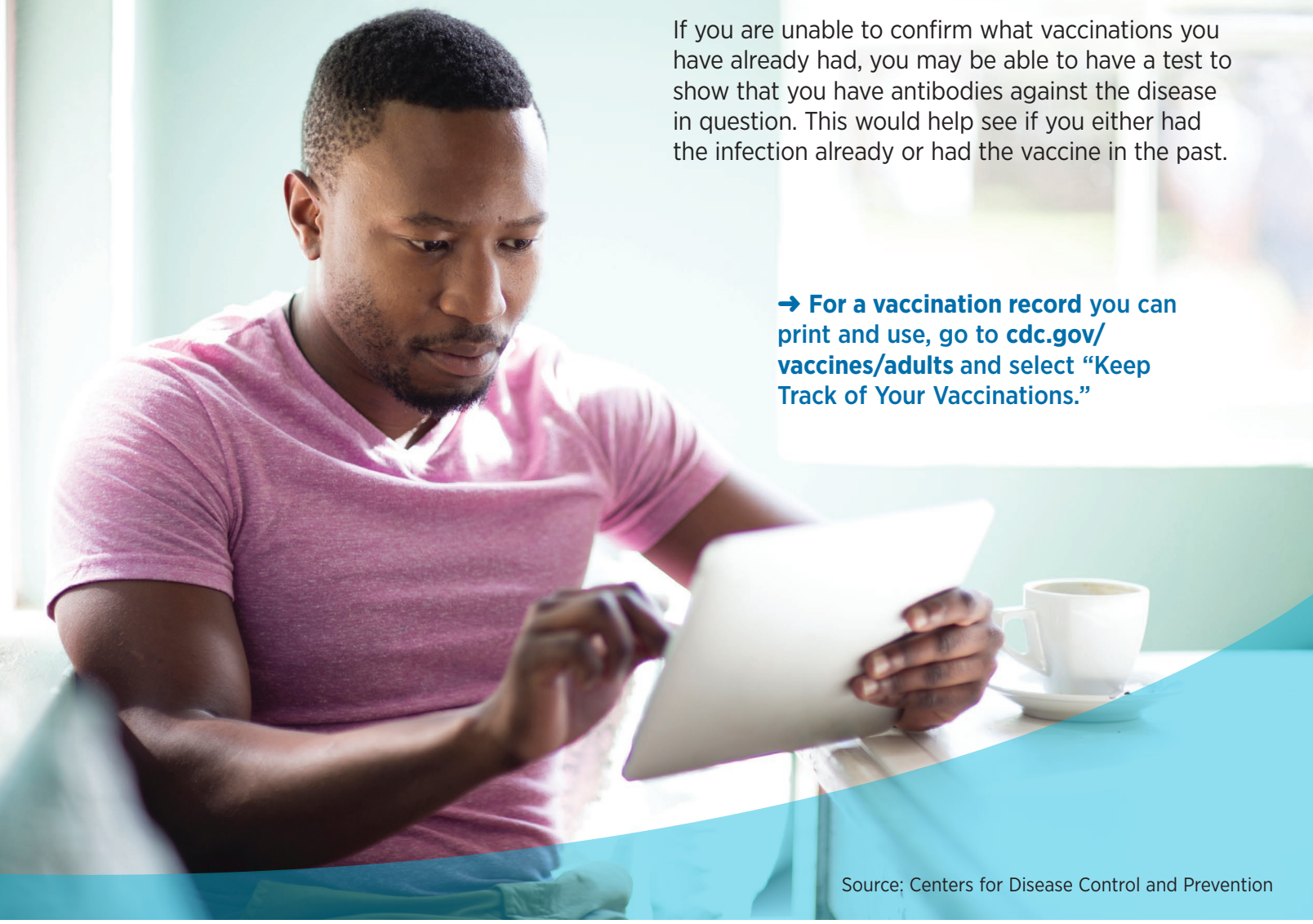
What Is Your Vaccination History?

To know what vaccines you need, it's helpful to review your vaccination record (sometimes called your immunization record). This is a history of all the vaccines you have had in your lifetime.

If you don't have an official vaccination record, it's a good idea to try to create a record now. This information may be required for certain jobs, travel abroad, or school registration. There are a few places you can look to find the information you need:

- Ask a parent or other caregiver if they kept records of your childhood vaccines.
- Try looking through baby books or other saved documents from your childhood.
- Check with your high school or college health services for dates of any vaccines you received. Generally, records are kept for one to two years after students leave the system.
- Check with previous employers (including the military) that may have required vaccines.
- Check with your doctor or public health clinic.
- Contact your state's health department.

If you are unable to confirm what vaccinations you have already had, you may be able to have a test to show that you have antibodies against the disease in question. This would help see if you either had the infection already or had the vaccine in the past.



➜ For a vaccination record you can print and use, go to **cdc.gov/vaccines/adults** and select "Keep Track of Your Vaccinations."

Source: Centers for Disease Control and Prevention

CHECKLIST OF VACCINATIONS FOR ADULTS

Use this worksheet to check off the vaccines you have had and see which vaccines you may still need now or in the future based on CDC recommendations.

ALL adults should receive the following vaccines:

- ☐ **COVID-19:** Follow current guidance for vaccination and booster shots at **cdc.gov/vaccines**.
- ☐ **Hepatitis B:** Recommended for adults up to age 59. After age 60, talk with your provider.
- ☐ **Influenza (seasonal flu):** Get this every year, ideally by the end of October. This is especially important for people with chronic health conditions, pregnant women, and older adults.
- ☐ **Tdap and/or Td:** These help protect against tetanus, diphtheria, and pertussis (whooping cough).
  - If you did not get a Tdap vaccine as a child, get it now.
  - Get a Tdap or Td booster shot every 10 years for continued protection or after 5 years if you have a serious or dirty wound or burn injury.

Note: If you do not have a record of the following or evidence of immunity, ask your provider about:

- ☐ **Varicella:** Chickenpox vaccine
- ☐ **MMR:** Measles, mumps, and rubella vaccine

Have a chronic health condition? According to the CDC, more than 90% of adults who were hospitalized with the flu during recent flu seasons had at least one chronic health condition. The influenza vaccine reduces this risk for serious illness and prevents tens of thousands of hospitalizations each year.

Adults ages 19 to 26 years should also get the following vaccine if you did not receive it as a preteen or teen:

- ☐ **HPV:** This protects against the human papillomaviruses that cause most cervical cancers, anal cancer, and genital warts. It is recommended for women and men up to age 26 years (up to age 45 in certain circumstances).

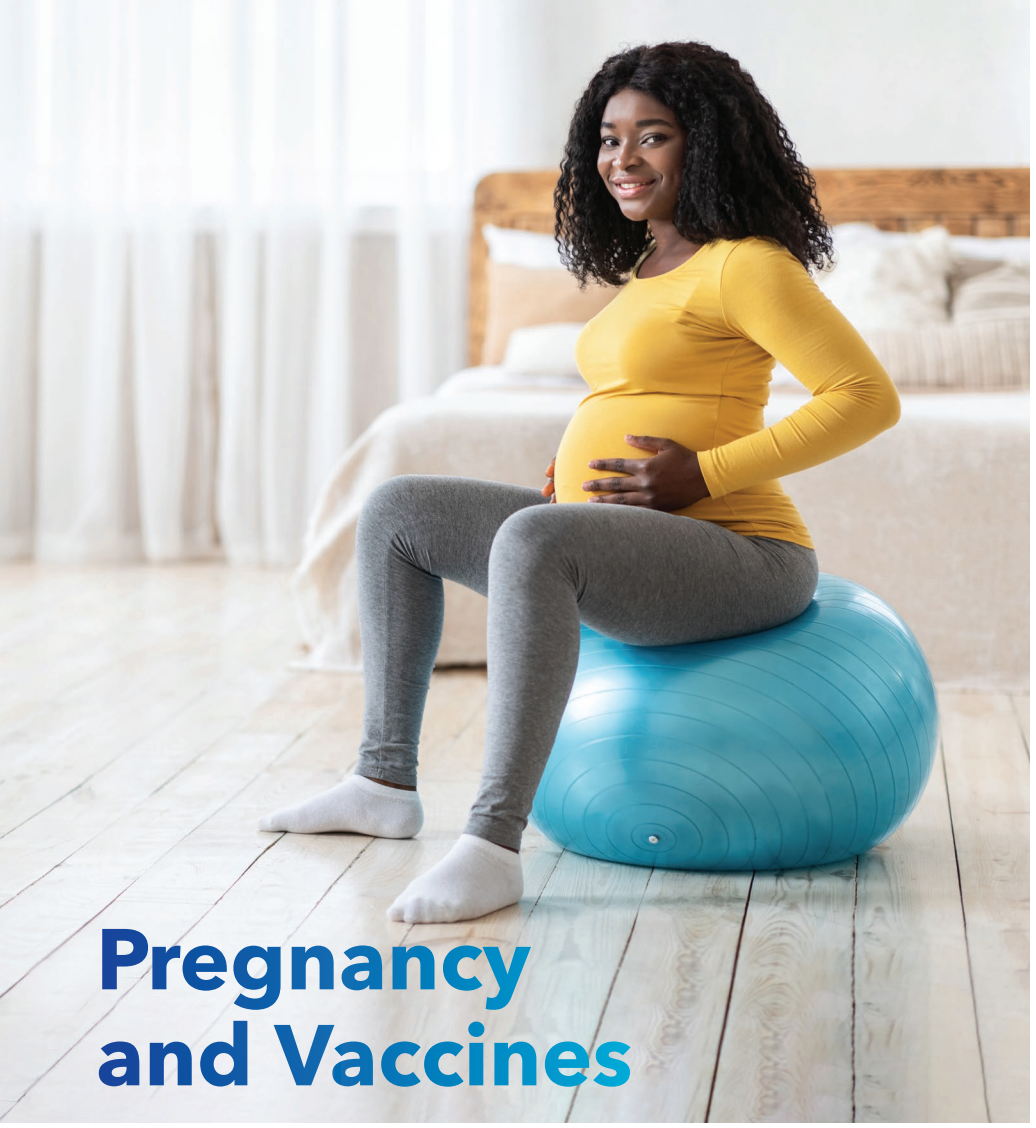
Note: Some states require students entering college to be vaccinated against certain diseases, such as meningitis.

Adults ages 50 years and older should also get the following vaccines:

- ☐ **Zoster:** This protects against shingles and is recommended starting at age 50.
- ☐ **Pneumococcal:** This protects against pneumococcal disease. It is recommended for all adults 65 years or older and for adults younger than 65 years who have certain health conditions.

Stay protected as you get older. About half of the estimated 1 million Americans who get shingles every year are 60 years or older. Up to 70% of flu-related hospitalizations happen in people 65 years and older. Vaccines offer protection.

Sources: Centers for Disease Control and Prevention; National Institutes of Health



Pregnancy and Vaccines

Being up-to-date on routine adult vaccines will help protect you and your baby when you are pregnant. A mother's immunity is passed along to her baby during pregnancy and helps protect the baby during their first few months of life.

It is especially important to consider the following vaccines before and during pregnancy:

- **COVID-19:** During pregnancy, you are more likely to get seriously ill from COVID-19 than a nonpregnant person. Getting a COVID-19 vaccine can help protect you from getting very sick.
- **Influenza:** Having the flu while pregnant can lead to complications and even hospitalization.
- **MMR:** If you haven't had this vaccine, you'll want to get it for protection against rubella at least one month *before* you get pregnant.
- **Tdap:** It is recommended you get this shot during each pregnancy between 27 and 36 weeks.

➜ Ask your health care provider about other recommended vaccines based on your situation. For more information about vaccines and pregnancy, visit cdc.gov/vaccines and select "Pregnancy and Vaccination."

The Power of Vaccination

The CDC lists the following as vaccine-preventable diseases. Ask a health care provider if you should have a vaccine for any of these based on your unique needs such as your health, job, travel plans, or hobbies:

- Adenovirus
- Anthrax
- Cervical cancer
- Cholera
- COVID-19
- Dengue
- Diphtheria
- *Haemophilus influenzae* type b (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Influenza (seasonal flu)
- Japanese encephalitis (JE)
- Measles
- Meningococcal disease
- Monkeypox
- Mumps
- Pertussis (whooping cough)
- Pneumococcal disease
- Poliomyelitis (polio)
- Rabies
- Rotavirus
- Rubella (German measles)
- Shingles (herpes zoster)
- Smallpox
- Tetanus (lockjaw)
- Tuberculosis
- Typhoid fever
- Varicella (chickenpox)
- Yellow fever

Chronic Health Conditions and Vaccines

Certain health conditions put you more at risk for some diseases. If you have any of the following conditions, ask your provider if you need these vaccines. Actual recommendations will depend on your vaccination history, age, and other factors.

	Asplenia	Diabetes	Heart disease or stroke	HIV infection with CD4 count of 200 or greater	HIV infection with CD4 count of less than 200	Liver disease	Lung disease (including asthma)	Renal (kidney) disease	Weakened immune system
COVID-19	✔	✔	✔	✔	✔	✔	✔	✔	✔
Hepatitis A				✔	✔	✔			
Hepatitis B	✔	✔	✔	✔	✔	✔	✔	✔	✔
Hib	✔								
HPV	✔	✔	✔	✔	✔	✔	✔	✔	✔
Influenza	✔	✔	✔	✔	✔	✔	✔	✔	✔
Meningococcal	✔			✔	✔				
MMR	✔	✔	✔	✔		✔	✔	✔	
Pneumococcal	✔	✔	✔	✔	✔	✔	✔	✔	✔
Tdap/Td	✔	✔	✔	✔	✔	✔	✔	✔	✔
Varicella	✔	✔	✔	✔		✔	✔	✔	
Zoster	✔	✔	✔	✔	✔	✔	✔	✔	✔

➜ **Every year, thousands of adults with chronic health conditions** get sick, miss work, and are hospitalized due to vaccine-preventable diseases. Because chronic conditions are more common in underserved groups, the risk is even higher for some. For example, non-Hispanic Black people have the highest flu-related hospitalization rates. Getting vaccinated can help change this.

Where to Get Vaccines

If you have a health care provider, they can give you the vaccines you need or make a referral. But if not, vaccines are often available at pharmacies, community health clinics, and through your state health department. They are also sometimes available at workplaces, schools, and religious centers. Some health centers offer vaccines whether or not you have health insurance.

➜ **Learn more at cdc.gov/vaccines/adults by selecting "Where to Find Vaccines." You can also visit vaccines.gov to find a flu shot or COVID-19 shot near you.**

Learn More

For more information about adult vaccines, visit the following sources:

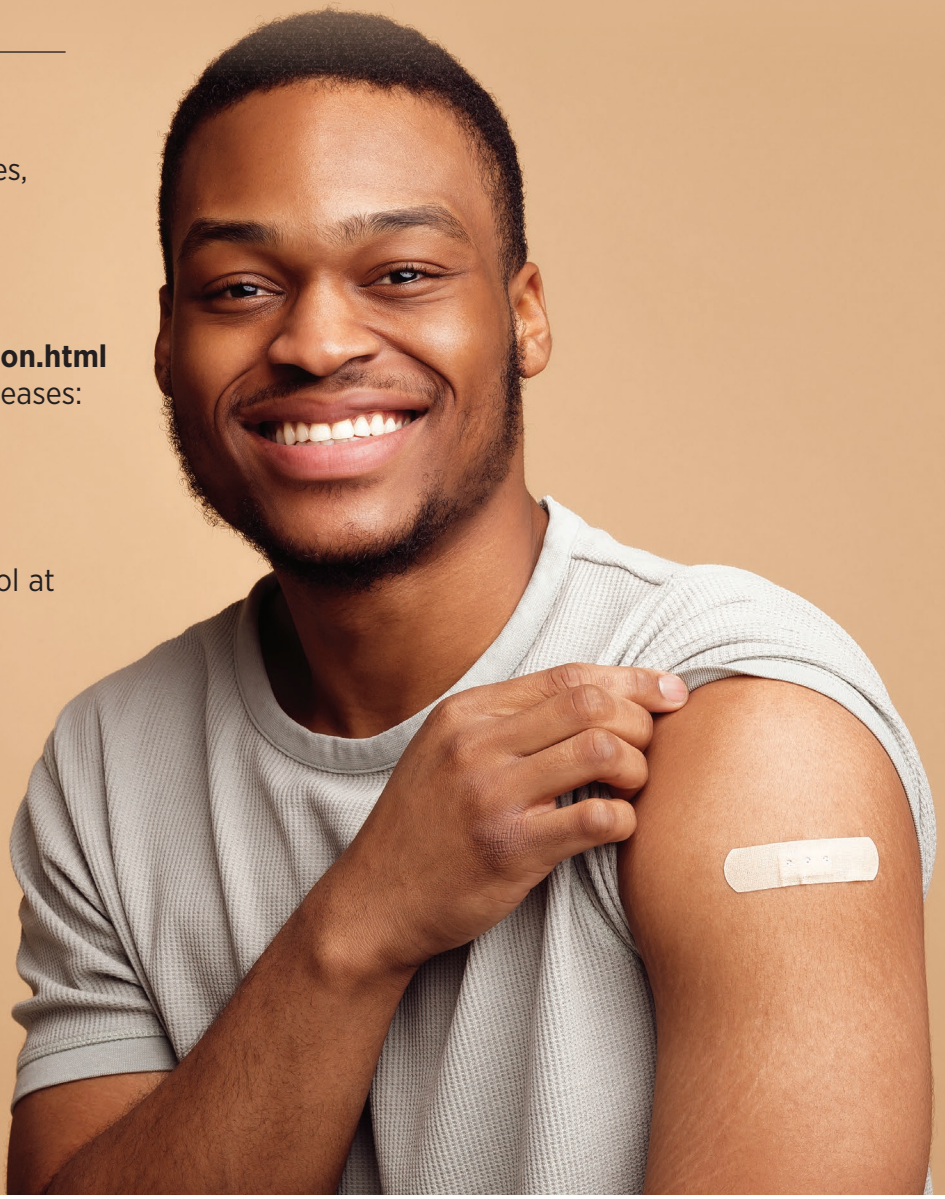
- CDC Adult Vaccination Home Page: **cdc.gov/vaccines/adults**
- MedlinePlus: **nlm.nih.gov/medlineplus/immunization.html**
- National Foundation for Infectious Diseases: **nfid.org**

For a personalized list of the vaccines you should get:

- Use the Adult Vaccine Assessment Tool at **www2.cdc.gov/nip/adultimmsched**

For more information on important heart and other health issues:

- Visit the Association of Black Cardiologists at **abcardio.org**



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