

Glossary of Terms

Booster- an immunizing agent used to increase the effect of a previous one
Vaccine- a substance used to confer immunity against a specific disease

Acronyms

Td/Tdap- tetanus and diphtheria/
tetanus toxoid, reduced diphtheria
toxoid, and acellular pertussis
vaccine

Information adapted from
www.cdc.gov

VACCINES AND SENIORS

WHAT WE NEED TO KNOW



It is important that you tell your healthcare provider about your medical conditions and all the medications you are taking (including prescription, over-the-counter, and herbal) before getting vaccinated.

The Center for Disease Control and Prevention (CDC) recommends the following adult immunizations for ages 65 and above:

1. Flu Vaccine yearly to prevent Influenza
2. Td/Tdap Vaccine once and the Td booster every 10 years to protect against bacterial infections, specifically Tetanus, Diphtheria and Pertussis (whooping cough)
3. Zoster Vaccine 2-dose series to prevent shingles
4. Pneumococcal Vaccine to prevent pneumonia infections

MYTHS VS FACTS

MYTHS:

- VACCINES ARE NOT SAFE
- FLU SHOT GIVES YOU THE FLU
- IT IS BETTER TO GET THE DISEASE THAN THE VACCINE
- YOU DON'T NEED THE FLU VACCINE EVERY YEAR

FACTS:

- VACCINES CAN KEEP YOU FROM GETTING SICK
- FLU SHOT DOES NOT GIVE YOU THE FLU
- IT IS BETTER TO GET THE VACCINE THAN THE DISEASE
- FLU VACCINE IS RECOMMENDED EVERY YEAR

5 QUESTIONS YOU CAN ASK YOUR DOCTOR:

1. What is the purpose of this vaccine?
2. What side effects should I expect?
3. When is the best time for me to receive my vaccine?
4. Does this interfere with any of my medical conditions or medications?
5. Where can I find more information?