

### 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](http://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?