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Quality Innovation Network -
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CENTERS FOR MEDICARE & MEDICAID SERVICES
QUALITY IMPROVEMENT & INNOVATION GROUP

Adult Vaccines: What You Need to Know

Vaccines help stimulate the body's immune response against disease. Vaccines are usually administered through needle injections but may be administered by mouth or sprayed into the nose.

Vaccines are an Important Part of Healthy Communities

- Vaccines are safe and offer added protection from vaccine-preventable disease.
- Staying up to date with all your vaccines keeps you healthy and reduces the risk of serious illness and hospitalization.
- Getting vaccinated is the best way to protect you, your loved ones, and others in your community from contracting a disease that is preventable.

Vaccines You Need if You are 65 and Over

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. Vaccines help our immune systems fight infections faster and more effectively. All adults aged 65 and older should make sure they are up to date on these vaccines:

- COVID-19
- Flu (influenza)
- Pneumococcal
- RSV
- Shingles
- Tdap (tetanus, diphtheria, and whooping cough)

Learn more by visiting the CDC Vaccine Schedule for Adults:
<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>



Why It Matters

Vaccines help us avoid getting and spreading serious diseases that could result in poor health, missed work, hospitalizations, medical bills, and the inability to care for others. When more people are fully vaccinated, there are less germs circulating in the community, and everyone is more protected against disease through herd immunity. This is especially important for those who are too young to get certain vaccines and/or have weakened immune systems due to other medical conditions.

What You Can Do

Talk to your trusted healthcare provider about which vaccines are right for you. Stay up to date on all recommended vaccinations, including the influenza vaccine every year.

It is especially important for those with chronic health conditions to be up to date on recommended vaccinations as they are at increased risk for complications from certain vaccine-preventable diseases.

Resources

Immunization Resources:

- <https://qi-library.ipro.org/>
- <https://qi.ipro.org/home/its-worth-a-shot/>
- <https://www.immunize.org/>

For more information on Adults with Chronic Health Conditions and Vaccination Resources visit:

<https://www.cdc.gov/vaccines/hcp/adults/for-patients/health-conditions.html>

To find a location near you offering vaccinations visit:

<https://www.vaccines.gov/>