Meningococcal (meningitis)

Meningococcal (muh-nin-jo-cok-ul) disease is a rare but serious illness. It is caused by bacteria that can infect the areas around the brain and spinal cord or the bloodstream. There are two different vaccines.

**Adults may need one or both vaccines (MenACWY or MenB) if they:**
- Have a removed or damaged spleen (such as sickle cell disease)
- Have persistent terminal complement component deficiency
- Are lab staff working with these bacteria
- Are exposed during a community outbreak
- Have HIV
- Are college freshmen living in dorms
- Are military recruits
- Travel to certain places
- Are taking the medication eculizumab (Soliris®)
- Are aged 16 through 23 years

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**MMR (measles-mumps-rubella)**

All persons born in 1957 or later without proof that they have had measles, mumps, and rubella should receive MMR vaccine. Some adults should get 2 shots: college students, health care workers, and all who travel outside the country.

**Zoster (shingles)**

Adults 60 years of age and older need a zoster vaccine to reduce their risk of getting shingles. Adults with a previous history of shingles can still be given a zoster vaccine.

**Human Papillomavirus (HPV)**

HPV vaccines protect against several cancers (including cancers of the cervix, vulva, vagina, penis, anus, rectum, and the back of the throat) and genital warts. While HPV vaccine is recommended at age 11 to 12 years, males and females can still be vaccinated through age 26 years.

Talk with your health care provider to make sure you get the vaccines that are recommended for you.

**Paying for vaccines**

Adults who are uninsured or have insurance that doesn’t cover the cost of vaccines should check with their Local Health Department (LHD) about getting vaccines for free or for little cost.

Adults who have insurance that covers vaccines (including Medicare or Medicaid) should speak with their health care provider or LHD about where to get vaccines.

**Travel outside the country**

You may need other vaccines well before your scheduled trip! Check with your health care provider, your local health department, or the Centers for Disease Control and Prevention (CDC) website to learn more: www.cdc.gov/travel.

**Where to go for more information**

- Your health care provider
- Your local health department
- Michigan Department of Health and Human Services: www.michigan.gov/immunize
- Alliance for Immunization in Michigan: www.aimtoolkit.org
- Vaccine Education Center: www.chop.edu/vaccine
- Immunization Action Coalition: www.vaccineinformation.org
- Centers for Disease Control and Prevention (CDC):
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  - English and Spanish
  - 800-CDC-INFO
  - 800-232-4636
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**VACCINES FOR ADULTS**

**Are you fully protected?**

**HPV vaccines protect against several cancers**

- Including cancers of the cervix, vulva, vagina, penis, anus, rectum, and the back of the throat
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**Your vaccine record**

You should be given a record of the vaccines that you have received. Keep it, and carry it with you at all times. Show your record to your health care provider at visits.

The Michigan Care Improvement Registry (MCIR) is a great way to keep track of any person’s vaccine record. Ask your health care provider if all your vaccines are in MCIR.

Make sure you and your loved ones get all needed vaccines.

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Hepatitis A

Adults who need hepatitis A vaccine:
- All persons who want to be safe from the hepatitis A virus (HAV)
- Persons who live with or care for a person with HAV
- Persons in close contact with an adopted child from a place where HAV is common
- Men who have sex with men
- Persons with blood clotting factor disorders
- Persons with acute or chronic liver disease, including those with hepatitis B virus (HBV) or hepatitis C virus (HCV)
- Persons who use illegal drugs
- Persons who work with HAV-infected apes and monkeys or in a HAV research lab
- Some travelers

Varicella (chickenpox)
A case of chickenpox can be very serious in adults! All adults born in the U.S. in 1980 or later who have not had chickenpox should receive varicella vaccine. If you have had only 1 dose of varicella vaccine in your lifetime, then you need a second shot.

Hepatitis B

Adults who need hepatitis B vaccine:
- All persons who want to be safe from the hepatitis B virus (HBV)
- Health care workers and others whose job puts them at risk for infection
- Persons who are developmentally disabled and staff working with them
- Persons who live with or care for a person with HBV
- Persons who have sex with a person with HBV
- Men who have sex with men
- Persons with more than 1 sex partner in the last 6 months
- Persons with or being treated for a sexually transmitted infection (STI)
- Persons with diabetes
- Persons with end-stage renal disease, including pre-dialysis and dialysis patients
- Persons with acute or chronic liver disease, including those with hepatitis C virus (HCV)
- Persons with HIV
- Persons who use injection drugs
- Persons born in countries or places where HBV is common
- Some travelers

Influenza (flu)

All adults are recommended to get flu vaccine each year.
Flu vaccination is especially important for:
- Pregnant women
- Health care workers
- Persons with health problems (such as diabetes, asthma, sickle cell disease, lung, heart, liver, or kidney problems)
- Persons who live with or care for persons at high risk (listed above)
- Persons who care for infants and children

Tdap (tetanus-diphtheria-pertussis)

Adults need one dose of Tdap if they never had a dose, especially if they:
- Are living with or caring for an infant under 12 months of age
- Are a health care worker
Pregnant women need 1 dose of Tdap during the early part of the third trimester of every pregnancy to best protect their infant.

Ask your health care provider about the vaccines that are right for you!

Pneumococcal (pneumonia)

There are two different vaccines.
All persons 65 years and older need both of these vaccines.
Adults 19 through 64 years of age may need one or both of these vaccines if they:
- Have asthma or smoke cigarettes
- Have long-lasting health problems (such as diabetes or problems affecting the heart, lungs, liver, or kidneys)
- Are being treated for cancer or have had solid organ transplant
- Have a removed or damaged spleen (such as living with sickle cell disease)
- Have HIV
- Live in a long-term care facility
- Have problems with alcohol
- Have a cochlear implant
- Have a cerebrospinal fluid (CSF) leak

Tdap

Adults who have had Tdap need Td when:
- It has been 10 years or more since their last shot of Tdap/Td
- They have a wound and it has been 5 years since their last shot of Tdap/Td