

## Meningococcal (meningitis)

### Adults who need meningococcal vaccine:

- ◆ College students 21 years of age and younger
- ◆ Persons with persistent complement component deficiencies
- ◆ Persons with a removed or damaged spleen (such as with sickle cell anemia)
- ◆ Military recruits
- ◆ Lab staff working with these organisms
- ◆ Some travelers

Some adults will need more than one dose to be fully protected. Ask your doctor.

## Human Papillomavirus (HPV)

There are two HPV vaccines. One protects against cervical, vaginal, vulvar and anal cancers and genital warts and is recommended for females and males. The other protects against cervical cancer and is recommended for females. All women through 26 years of age, all men through 21 years of age, and men aged 22 through 26 within a high risk group should receive a complete HPV vaccine series.

Other males 22-26 years of age may also receive this vaccine. Ask your doctor if you are within a high risk group.

### Your Vaccine Record

- ◆ You should be given a record of the vaccines that you have received. Keep it, and carry it with you every time you visit your doctor or nurse.
- ◆ The Michigan Care Improvement Registry (MCIR) can keep your record. Ask your doctor or nurse if the vaccines you received are in MCIR. Your doctor can look in MCIR to see what vaccines you need.
- ◆ Make sure you and your loved ones get all needed vaccines.

### Are you traveling out of the country?

**You may need other vaccines. Check with your doctor, your local health department, or the Centers for Disease Control and Prevention (CDC) website at <http://wwwn.cdc.gov/travel>.**

## Paying for Vaccines

Adults who are uninsured or have health insurance that does not cover the cost of vaccines should check with their Local Health Department (LHD) about getting vaccines for free or little cost. Adults who have health insurance that covers vaccines (including Medicare or Medicaid) should speak with their doctor or LHD about where to get vaccines.

### Where to go for more information

- ◆ Your health care provider
- ◆ Your local health department
- ◆ Michigan Department of Community Health: [www.michigan.gov/immunize](http://www.michigan.gov/immunize)
- ◆ Vaccine Education Center: [www.chop.edu/vaccine](http://www.chop.edu/vaccine)
- ◆ Immunization Action Coalition: [www.vaccineinformation.org](http://www.vaccineinformation.org)
- ◆ Centers for Disease Control and Prevention (CDC) INFO Contact Center:
  - English and Spanish
  - 800-CDC-INFO
  - 800-232-4636
  - TTY 888-232-6348
  - CDC website: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Michigan Department  
of Community Health



Rick Snyder, Governor  
Olga Dazzo, Director

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# Adult Immunizations

## Are You Protected?



## Influenza (Flu)

All adults are recommended to get flu vaccine every year.

Flu vaccination is especially important for:

- ◆ Pregnant women
- ◆ Health care workers
- ◆ Persons with long-lasting health problems (such as diabetes, asthma, sickle cell, lung, heart, liver, or kidney diseases)
- ◆ Persons who live with or care for persons at high risk (listed above)
- ◆ Persons who live with or care for infants and children

Some adults can receive the nasal spray flu vaccine.

For more information on influenza:  
[www.michigan.gov/flu](http://www.michigan.gov/flu)  
[www.cdc.gov/flu](http://www.cdc.gov/flu)

## Measles, Mumps, Rubella (MMR)

All persons born in 1957 or later without proof that they have had measles, mumps, and rubella disease should receive a MMR vaccine.

Some adults may need two shots:

- ◆ Health care workers
- ◆ College students
- ◆ Some travelers

## Pneumonia (Pneumococcal Disease)

All persons 65 years and older need this vaccine

Adults 19 through 64 years of age need this vaccine if they

- ◆ Have asthma
- ◆ Smoke cigarettes
- ◆ Have long-lasting health problems (like diabetes, heart or kidney problems)
- ◆ Have cochlear implants
- ◆ Have a damaged or removed spleen (such as with sickle cell anemia)
- ◆ Have HIV
- ◆ Live in a long-term care facility
- ◆ Have problems with alcohol

Only 1-2 doses of this vaccine are needed in a lifetime.

## Hepatitis A

Adults who need hepatitis A vaccine:

- ◆ Persons who live with or care for a person with hepatitis A
- ◆ Persons in close contact with an adopted child from a place where hepatitis A is common
- ◆ Men who have sex with men
- ◆ Persons with blood clotting factor disorders
- ◆ Persons with acute or chronic liver disease
- ◆ Persons who use illegal drugs
- ◆ Some travelers
- ◆ All persons who want to be safe from getting hepatitis A

## Tetanus-Diphtheria-Pertussis (Tdap)

Adults need one dose of Tdap if they:

- ◆ Are living with or caring for an infant under age 12 months
  - This includes pregnant women
- ◆ Are a health care worker
- ◆ Have never had a dose of Tdap

## Tetanus-Diphtheria (Td)

Adults who have had Tdap need Td if:

- ◆ 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 Tdap/Td\*

\* If in doubt, ask a nurse or a doctor to look at the wound.

## Varicella (chickenpox)

Adults can get chickenpox too! All adults born in the U.S. in 1980 or later who have not had chickenpox should receive varicella vaccine. If you received only one dose of varicella vaccine in your lifetime, you need a second shot.

## Zoster (shingles)

Adults 60 years and older who wish to reduce their risk of getting shingles should get zoster vaccine.

## Hepatitis B

Adults who need hepatitis B vaccine:

- ◆ Health care workers and others with on-the-job risk
- ◆ Developmentally disabled persons and staff working with them
- ◆ Persons who live with or care for a person with hepatitis B
- ◆ Persons who have sex with a person with hepatitis B
- ◆ Men who have sex with men
- ◆ Persons with more than 1 sex partner in the last 6 months
- ◆ Persons with a sexually transmitted disease (STD)
- ◆ Persons with diabetes
- ◆ Dialysis patients
- ◆ Persons with acute or chronic liver diseases
- ◆ Persons with HIV
- ◆ Injection drug users
- ◆ Foreign born persons from places where hepatitis B is common
- ◆ Some travelers
- ◆ All persons who want to be safe from getting hepatitis B

**Everyone needs shots to protect them from these diseases**