

Many adults don't know they need vaccines to protect against serious, but preventable diseases.

These factors determine which vaccines you need:

HEALTH CONDITIONS

Lifestyle

Age and Job

If you are 60 or older, ask your doctor about these vaccines:

- Flu (Influenza)
- Pneumococcal
- Shingles (Zoster)
- Tetanus, Diphtheria, and Whooping Cough (Pertussis)



Where can I get vaccines?

- Your doctor's office
- Your local pharmacy
- Some local health departments:
www.doh.wa.gov/localhealth

To find a place where you can get vaccines, call the Watch Me Grow WA Hotline at **1-800-322-2588**.

Where can I get more information?

Check out these organizations:

- Washington State Department of Health:
www.doh.wa.gov/immunization
or call at 1-866-397-0337
- Immunization Action Coalition of Washington:
www.immunitycommunitywa.org/iacw
- Centers for Disease Control and Prevention:
www.cdc.gov/vaccines/adults
- U.S. Department of Health and Human Services:
www.vaccines.gov



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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

ARE YOU

60

OR OLDER?

Get Vaccinated

Protect yourself. Protect your family.



www.doh.wa.gov/Immunization

If you are 60 or older, ask your doctor about these vaccinations.

Flu (Influenza) Vaccine

Everyone 6 months or older should get a flu vaccine each year.

- Adults aged 65 years or older are at a higher risk of serious illness and death if they get the flu.
- Certain health conditions also put you at higher risk including asthma, chronic lung disease, heart disease, diabetes, and having a weakened immune system.

Getting a flu shot every year is the best way to protect yourself and those around you.

Pneumococcal Vaccines

Adults 65 years or older should be up to date with pneumococcal vaccination.

- If you have never received a pneumococcal vaccine, PCV15 or PCV20 are recommended for adults 65 or older and adults 19-64 years with certain medical conditions. If PCV15 is used, follow with a dose of PPSV23 one year later.
- **If you have ever received an earlier pneumococcal vaccine, talk with your health care provider or pharmacist about which vaccine you need.**

Shingles (Zoster) Vaccine

All adults 50 years or older need the shingles vaccine.

- Shingles is caused by the same virus that causes chickenpox. Anyone who has had chickenpox may develop shingles. The risk of shingles increases as you get older.
- Shingles is a painful skin rash that can last for months or even years. There is no cure for shingles, but treatment options can reduce the length of illness and prevent complications.

Talk to your doctor about getting the shingles vaccine, even if you have already had shingles.

Tetanus, Diphtheria, and Whooping Cough (Pertussis) Vaccine

Tdap vaccine protects against pertussis (whooping cough), tetanus, and diphtheria.

- If you will be in contact with, or caring for, a baby you will need to be up to date with Tdap vaccination.
- Talk with your health care provider about how many Tdap or Td vaccines you need.
- A Td or Tdap booster is needed every 10 years to keep your protection high.

Whooping cough is a very serious illness in babies.



Travel
Vaccines

You should be up to date on routine vaccinations while traveling. Talk to your doctor to find out what vaccines are required for your destination and stay up-to-date on your COVID-19 vaccinations.

Find travel vaccine information at:

www.cdc.gov/travel