



CHATting ABOUT HEALTH

Why Is It Important For Adults To Get Vaccinated?

1 Vaccine-preventable illnesses are still around

Vaccines have been saving lives for over 100 years. Rates of some diseases that once routinely harmed or killed babies, children, and adults have been greatly reduced. Unfortunately, some people (around the world and in the US) still become seriously ill or die from vaccine-preventable diseases. It is important to stay up to date on all recommended vaccines.

2 Protect yourself and those around you

Vaccines help your body create protective antibodies to help fight off infections. By getting vaccinated, you can protect yourself and also avoid spreading preventable diseases to other people in your community.

3 Vaccines prevent complications and consequences of infection.

Vaccination protects against the disease itself and dangerous complications or consequences that it can bring. For example:

- Hepatitis B vaccine protects against hepatitis infection and the chronic liver damage and cancer that hepatitis B can cause.
- Human Papillomavirus vaccine protects against infection and the cancers that infection can trigger.

4 Vaccines are safe.

Vaccine safety is continually monitored. Vaccines can have side effects, but most are mild and usually go away within hours or days.

Serious or long-lasting side effects are extremely rare.

5 Vaccines may be required.

Vaccines may be required for school, work or travel. Vaccination of residents of rehabilitation or care centers protect against diseases that circulate in close quarters. Health care workers are at risk of catching and spreading preventable diseases and need to be vaccinated against them. Vaccination is required before travel to many places around the world.

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Learn more
from CDC:



2024-25 COVID-19 and Flu Vaccine Recommendations

CDC recommends everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine and an updated 2024-2025 flu vaccine

COVID-19 in 2023

- Over **900,000** people **hospitalized**
- Over **75,500** people **died**



Flu in 2023-24

- Over 44,000 people estimated to have **died** from flu complications



It is important to get vaccinated each year.

- Circulating viruses change over time. The vaccines are updated to target the currently circulating strains.
- Protection from the vaccines declines over time. Getting vaccinated this year can help restore and enhance protection

By getting vaccinated you

- reduce your risk of serious illness, hospitalization and death from COVID-19 and flu
- protect others around you including those more vulnerable to serious illness, like babies and young children, older people, and people with certain chronic health conditions
- reduce your risk of developing long COVID



Learn more from CDC



Updated 2024-25 COVID-19 and flu vaccines will be available later this year

COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations : <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit: <https://www.vaccines.gov/>

