Adults Need Vaccines Too

To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots—just like kids do.

- Talk to friends and family members about how vaccines aren’t just for kids. People of all ages can get shots to protect them from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it’s important for all kids to get vaccinated.
- Keep a copy of your vaccination record in a safe place.
- Both males and females need to get the HPV vaccines.
- Did you know? All adults need a Td booster shot every 10 years.
- Traveling soon? Find out if you need extra shots to stay safe: [http://1.usa.gov/1Bjx8cc](http://1.usa.gov/1Bjx8cc)

(source: http://healthfinder.gov/nho/AugustToolkit.aspx)

**Brain Benefits of Exercise**

- Our brains make up only 2% of our body mass, yet account for 20% of our energy use. If you think healthy eating and exercise just affect your body, THINK AGAIN. Your brain greatly benefits from a healthy lifestyle.
- Norepinephrine is released, improving attention and perception.
- The hippocampus, a part of the brain concerned with learning and memory, grows in size with regular exercise over time.
- Boosts decision-making skills.
- Prompts growth of new nerve cells and blood vessels. Blood flow to the brain increases, delivering more oxygen and nutrients and improving waste removal.
- Increases production of neurochemicals that promote brain cell repair. Serotonin is released, enhancing mood. Endorphins are released, dulling the sensation of pain. Dopamine is released, improving motivation, focus and learning.
- Improves multi-tasking and planning. Brain-derived neurotrophic factor (BDNF) is released, protecting and repairing neurons from injury and degeneration. Hormones combine with BDNF to grow brain cells, regulate mood and provide mental clarity.
### Is the HPV Vaccine Right for You?

The cervical cancer vaccine protects against HPV strains that cause most cervical cancer. Human papillomavirus (HPV) is the most common sexually transmitted virus in the U.S. HPV causes nearly all cervical cancer. To be most effective, the HPV vaccine should be given before a person becomes sexually active and possibly exposed to HPV.

**What is HPV?**
More than half of all sexually active men and women are infected with HPV at some time in their lives. People often don’t know they have HPV as it seldom has symptoms. Certain types of HPV cause genital warts in women and men. Other types can cause cervical cancer in women and other cancers in the genital and throat areas in women and men.

**What vaccines are available?**
The two HPV vaccines available in the U.S. are Cervarix and Gardasil. Both have been proven effective against the HPV types that cause most cervical cancer. They’ve also been shown to prevent cervical precancers.

### Who should get the vaccine?
The CDC recommends the vaccine for:
- Females 11-26 years of age. May be given as early as 9.
- Males 11-21 years of age. *Only Gardasil is used to vaccinate males.*

The HPV vaccine is not recommended for pregnant women.

### How is the vaccine given?
Three doses (shots) are recommended over six months, with the second dose given one to two months after the first, and the third dose given six months after the first.

### What are the side effects?
The most common ones are slight pain and swelling at the injection site, headache, upset stomach, and a low fever. Serious side effects are rare.

### Is a Pap test still necessary?
YES. The HPV vaccines protect against the most common strains of the virus. However, they do not protect against every type of HPV that causes cervical cancer. So even if you’ve been vaccinated, it’s still important for you to get Pap tests to find cell changes that could become cancer.

### Recommended Adult Immunization Schedule

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age</th>
<th>19-21</th>
<th>22-26</th>
<th>27-49</th>
<th>50-59</th>
<th>60-64</th>
<th>≥65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 dose annually</td>
</tr>
<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)</td>
<td></td>
<td>Substitute Tdap for Td once, then Td booster every 10 yrs</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Varicella</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 doses</td>
</tr>
<tr>
<td>Human papillomavirus (HPV) Female</td>
<td></td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human papillomavirus (HPV) Male</td>
<td></td>
<td>3 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zoster</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 dose</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td></td>
<td></td>
<td>1 or 2 doses depending on</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Pneumococcal 13-valent conjugate (PCV13)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 dose</td>
</tr>
<tr>
<td>Pneumococcal 13-valent conjugate (PPSV23)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 or 2 doses depending on indication</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td></td>
<td></td>
<td></td>
<td>2 or 3 doses depending on vaccine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3 doses</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal 4-valent conjugate (MenACWY) or polysaccharide (MPSV4)</td>
<td></td>
<td></td>
<td></td>
<td>1 or 3 doses depending on indication</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal B (MenB)</td>
<td></td>
<td></td>
<td></td>
<td>2 or 3 doses depending on vaccine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haemophilus influenza type b (Hib)</td>
<td></td>
<td></td>
<td></td>
<td>1 or more doses depending on indication</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Recommended for all persons who meet the age requirement, lack documentation of vaccination, or lack evidence of past infection; zoster vaccine is recommended regardless of past episode of zoster
- Recommended for persons with a risk factor (medical, occupational, lifestyle, or other indication)