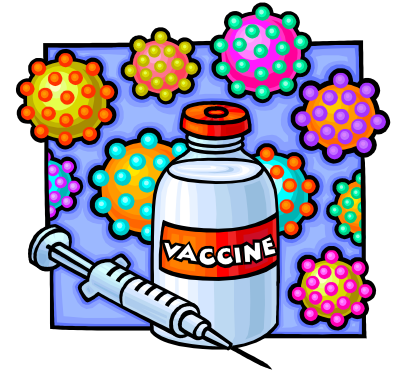




**September 20-26**  
**National Adult Immunization Awareness Week**

According to the CDC (Center for Disease Control), you never outgrow the need for vaccines!!

The immunizations you need as an adult are based on a variety of factors such as age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain protection against: flu, tetanus, diphtheria, pertussis, shingles, pneumococcal, HPV, etc:



- Seasonal influenza (flu) (In general, anyone who is 6 months or older can benefit from the protection of a flu vaccination.)
- Tetanus, diphtheria and pertussis (whooping cough) (for adults up to 64 years, one booster dose)
- Shingles (for adults 60 years and older)
- Pneumococcal disease (for adults 65 years and older and adults with specific health conditions)
- Human papillomavirus (HPV) infection (for women 26 years and younger)

Other vaccinations you may need include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), and measles, mumps and rubella.

For the complete list of vaccination schedules for all ages and vaccination recording forms, please go to:

<http://www.cdc.gov/vaccines/recs/schedules/default.htm>

**PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL**

