



**Which Vaccines do you need?**

**Your age, health conditions, job And lifestyle determine which Vaccines you need.**



**Bring this Immunization Schedule to your next Health Care Provider visit.**

No recommendation  
 For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; Zoster vaccine recommended regardless of prior episode of zoster.  
 Recommended if some other risk factor is present (Talk to your Doctor)

## Recommended Adult Immunization Schedule

ADULT VACCINES	19 - 21 years	22 - 26 years	27 - 49 years	50 - 59 years	60 - 64 years	65+ years
Flu	Get a flu vaccine every year					
Td/Tdap (tetanus,diphtheria,pertussis)	Get a Tdap vaccine once, then a Td booster every 10 years					
Chickenpox	2 doses					
HPV (human papillomavirus) - Female	3 doses					
HPV (human papillomavirus) - Male	3 doses					
Shingles	No recommendations					
MMR (measles,mumps,rubella)	1 or 2 doses					
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses					
Pneumococcal 13-valent conjugate (PCV13)	1 or more doses					
Meningococcal	1 or more doses					
Hepatitis A	2 doses					
Hepatitis B	3 doses					

Tdap is recommended for each pregnancy.



**Benton-Franklin Health District  
Immunization Clinics  
7102 W. Okanogan Place  
Kennewick, WA 99336  
(509) 460-4200**

**Health Officer: Amy Person, MD**



**Protect Yourself and Your Family**



# Adults Need Vaccines Too!

**Resources for Adult Immunizations & Travel information:**

**Center for Disease Control and Prevention**

[www.cdc.gov/travel](http://www.cdc.gov/travel)

**Shoreland, Inc.**

[www.tripprep.com](http://www.tripprep.com)

**Travel Medicine web sites**

[www.mdtravelhealth.com](http://www.mdtravelhealth.com)

[www.travelmed.com](http://www.travelmed.com)

**The American Society of Tropical Medicine and Hygiene**

[www.astmh.org](http://www.astmh.org)

**The U.S. State Department**

[www.state.gov/travel/](http://www.state.gov/travel/)





## Immunization & Travel Clinic

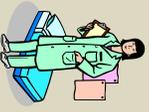


Main Number  
**(509) 460-4200**  
Call for an appointment

**Kennewick Office**  
509-460-4200  
7102 W Okanogan Place  
Kennewick, WA 99336

**Pasco Office**  
509-547-9737  
412 W Clark Street  
Pasco, WA 99301

**Prosser Office**  
509-786-1633  
310 7<sup>th</sup> Street  
Prosser, WA 99350



### Are Vaccines Safe?

Yes! Vaccines are among the safest medicines you can get. Before and after they get licensed, vaccines are tested for safety and for how well they protect people against disease. Like any medicine, vaccines are not 100% effective or 100% risk free. Serious side effects are very rare, although some people may have mild side effects, like a slight fever or soreness at the injection site. The benefits of vaccination far outweigh the risks. Have Questions? Ask your Healthcare Providers for more information.



### Choose

### Healthy Lifestyles

### Linda Delude, Mother of 2 who lost her husband to Influenza.

Linda's husband, Barry, was her best-friend, the father of her two sons and for 20 years, a firefighter.

Barry was dedicated to his job and his family. In February 2007, he responded to a medical call for work where he caught the flu. He had never been vaccinated. A few days later, Barry felt so sick Linda took him to the hospital.



Linda said Barry had always been healthy "We didn't think to get him or the rest of the family vaccinated against influenza because no one had chronic illnesses", Barry died from the disease a few days after being in the hospital, leaving behind his family. Now, Linda makes sure they all get vaccinated against influenza every year. "I had to learn the hard way that influenza can affect anyone—not just people who are already sick," Linda said.

Shots aren't just for kids. Immunizations provide protection across the lifespan. Isn't it worth a shot in the arm to prevent infection and disease, protect your family, and promote a healthier community?

You can find the immunizations recommended for adults in this brochure. Talk to your doctor, your pharmacist, or our Nursing Staff here at BFHD about which vaccines you might need today.

Dr. Amy Person, Health Officer



**As the Communicable Disease Programs Supervisor for the Health District I have witnessed firsthand the emotional devastation families experience when a relative, especially a child, succumbs to an infection that was vaccine preventable.**

Diseases, like pertussis or influenza, can be passed from adults to babies long before babies are old enough to be vaccinated themselves. Please help keep those children in your life healthy by getting vaccinated yourself.

Heather Hill, RN, PHN, IV  
Program Supervisor