

THE IMPORTANCE OF STAYING UP TO DATE ON RECOMMENDED VACCINATIONS



As we continue to take precautions to stop the spread of COVID-19, including social distancing and wearing face masks, and begin to shift focus on new vaccines to prevent COVID-19, it is also important to stay up to date on vaccines that are readily available to prevent other infectious diseases. **The following is a sample list of recommended vaccines, but is not comprehensive.**

Learn more about vaccines that are recommended for you and your family at www.nfid.org/immunization, including a **complete list of vaccine-preventable diseases by age group.**

An annual influenza (flu) vaccine is recommended for everyone age 6 months and older. Additional vaccines* that may have been missed during the COVID-19 pandemic include:

PROTECTING CHILDREN

DTaP Vaccine

The DTaP vaccine helps protect children against three different infections: **diphtheria, tetanus, and whooping cough (pertussis)**. As many as **1 out of 5 children** younger than 5 years old who get diphtheria dies, while others may develop abnormal heart rhythms, nerve damage, and paralysis.

Hepatitis B Vaccine

Hepatitis B infection can cause chronic, life-threatening illness. **About 9 in 10 infants** who get hepatitis B develop a life-long infection with serious health issues such as liver damage or liver cancer, which can lead to death.

MMR Vaccine

MMR vaccination protects children from three, serious infections: **measles, mumps, and rubella**. About **1 out of every 20 children** with measles gets pneumonia and **1 out of every 1,000 children** with measles will develop encephalitis, which can lead to deafness or intellectual disabilities. Up to **3 in 1,000 people** with measles will die, even with the best care.

PROTECTING ADOLESCENTS

HPV Vaccine

HPV vaccines help protect adolescents from **human papillomavirus (HPV)**, a common virus that can cause cancer later in life. Each year in the US, HPV causes about **35,000 cases of cancer** in men and women, and **4,000 women die** every year from cervical cancer caused by HPV.

Meningococcal Vaccine

Meningococcal disease is a dangerous infection that largely impacts young adults. Even with treatment, **1 in 10** individuals die, and **2 in 10** survivors will have long-term disabilities such as brain damage, hearing loss, or loss of limbs.

PROTECTING ADULTS

Pneumococcal Vaccine

Pneumococcal vaccines protect against infections caused by various types of pneumococcal bacteria. In the US, it is estimated that more than **150,000 hospitalizations** from pneumococcal pneumonia occur each year, and about **5-7% of those who are hospitalized from it will die.**

Shingles Vaccine

Shingles is a dangerous illness that affects **~1 in 3 people** in the US in their lifetime. Older adults are at greater risk for complications such as long-term, debilitating nerve pain called postherpetic neuralgia (PHN).

Tetanus Vaccine

Tetanus can lead to serious health problems like muscle stiffness, lockjaw, and difficulty breathing. Nearly **2 in 10** tetanus infections are fatal.

Low vaccination rates can lead to **dangerous disease outbreaks** and put **vulnerable individuals and communities at risk**. There are additional recommended vaccines not included on this list, so talk to your healthcare professional to ensure that you and your family are protected against all vaccine-preventable diseases!

***TO LEARN MORE AND VIEW A COMPLETE LIST OF RECOMMENDED VACCINES BY AGE, VISIT NFID.ORG**