

## Adults Need Vaccines Too!

Recommendations:

### 19-30 Years

#### Catch-up Immunizations:

Find out if you had measles, mumps, rubella and chickenpox diseases, or if you have had the recommended number of doses of vaccines to prevent the diseases below.

Chickenpox  
Flu (yearly)  
Hepatitis A  
Hepatitis B  
HPV  
Meningococcal  
Tdap (1-time dose; then TD booster every 10 yrs.)

### 30-50 Years

Flu (yearly)  
Tdap/Td (1-time dose if never had Tdap; then Td booster every 10 yrs.)

### 51-64 Years

Flu (yearly)  
Tdap (1-time dose if never had Tdap; then Td booster every 10 yrs.)

### 65 Years

Flu (yearly)  
Pneumococcal  
Shingles (If you didn't get earlier)  
Tdap (booster if in direct contact with infant under the age of 6 months and never had Tdap)



**Yakima Health District**  
1210 Ahtanum Ridge Drive  
Union Gap, WA 98903  
509-575-4040  
[www.yakimapublichealth.org](http://www.yakimapublichealth.org)

Be wise immunize.  
The life you save may  
not be your own!



To schedule a vaccination or onsite  
vaccination clinic call Tieton Village Drug.  
Ask for Wyatt or Nancy 509-966-6850.  
3708 Tieton Drive, Yakima

**TIETON VILLAGE**  
DRUGS



Protect Yourself  
And the Family  
You Live With!

**Get Vaccinated!**

**Yakima County's  
Adult Vaccine Program  
Just for You!**

## ***It is important for adults to be immunized!***

- Adults spend lots of time in close contact with young children that are either in the process of being vaccinated or partially vaccinated.
- An unvaccinated adult can unknowingly spread disease to a child and possibly to the child's siblings and family members, as well as to the elderly.
- Likewise, unvaccinated adults are at risk of being infected by a child or spreading infection to an elderly parent that they are caring for.

Here are some considerations and consequences for not being immunized:

1. Loss of time from work
2. Loss of income
3. Exposing other children and your own family members to disease
4. Possible complications and serious illness from acquiring the disease

## ***Vaccine Preventable Diseases - What you need to know***

Disease spread in different ways:

- Some diseases spread when a person puts something (food, water, hands or an object) into his/her mouth that has the germ on or in it.
- Some disease spread by coughing and sneezing.
- Some diseases are passed by contact with infected blood or other body fluids.



## ***Immunizations are the #1 way to prevent disease!***

- Immunizations are important for adults in close contact with others at high risk such as infants, those with chronic conditions, or weakened immune systems.
- Some immunizations are recommended specifically for older adults.

## ***Community Immunity***

*Unimmunized persons are protected against some infectious diseases by being surrounded by people who are immunized. This is known as community immunity.*

- Community immunity only works when the vast majority of the population is vaccinated.
- For some diseases, like whooping cough and measles, a group needs more than 94% immunity to protect those who are most vulnerable.
- Immunize your children on time and make sure the adults in your household are up-to-date on immunizations.
- Unvaccinated adults have a greater risk of spreading diseases.



## **NEW Vaccine Adult Program in Yakima County**

A new program was developed in Yakima County for those who do not have health insurance or whose health insurance does not cover vaccinations. Through the collaborative efforts of the Yakima Health District, Tieton Village Drugs, the Merck Foundation and a grant from Sanofi, **vaccines are being made available free to those who fall in this category.**

For those adults who are 400% federal poverty level (FPL) or below, MMR, Chickenpox, Pneumococcal, HPV and Shingles vaccines will be made available. *There will be a small administration fee of \$15.00, but there is no office visit charge or charge for vaccine.*

In Addition:

For those adults who are 200% FPL or below, *the Tdap vaccine will also be provided free.*

For further information on this program contact the Yakima Health District:

Public Health Nurse 509-249-6541

To schedule a vaccination or onsite vaccination clinic call:

Tieton Village Drug, 3708 Tieton Drive, Yakima

Nancy Hecox/Wyatt Wood 509-966-6850