

PROVIDING CARE & PROTECTION



Dear Healthcare Personnel,

You do so much to safeguard your health care environment and to ensure your patients have the best health and wellness possible. As you prepare for all outcomes, don't forget about your own vaccine needs. Every year, tens of thousands of **adults** needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

⌵ **Adults Need Vaccines, Too**

Protect yourself and those that you are responsible for by practicing and promoting healthy behaviors. All adults should get an annual flu vaccine to protect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis (whooping cough). You may also need other vaccines based on your age, health conditions, occupation and other factors. Some of the additional vaccines you may need include hepatitis A and B, human papillomavirus (HPV), varicella, meningococcal, pneumococcal, and/or shingles vaccines.

Take the quiz to find out which vaccines you may need: <http://www2a.cdc.gov/nip/adultimmsched/>

⌵ **Additional Prevention Measures**

In addition to getting vaccinated, other ways that you can model preventive health behaviors: staying home when sick, covering your nose and mouth with a tissue when you cough or sneeze, using effective hand hygiene practices, and disinfecting surfaces or objects frequently.

⌵ **Don't Wait - Get Vaccinated**

Getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, health clinics, workplaces, and health departments. Visit vaccine.healthmap.org to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance provider can give you the details.

**Protect the patients in your care. Protect your loved ones.
Protect your co-workers. Protect yourself.**