

## DHHS Immunization Program For Adults

### Ten Important Facts for Older Adults to Know About Vaccines

1. Because tetanus, diphtheria and pertussis can occur in adults, all adults should receive a booster shot every 10 years, including one dose of Tdap for those under the age of 65.
2. People who travel outside the United States should review their immunization records early in their planning to determine which vaccines are necessary. [Learn more.](#)
3. Each year up to 60,000 adults, many 65 years or older, die of preventable diseases (flu, pneumonia, and hepatitis B). All people 65 or older should receive flu and pneumonia vaccines. People who are in certain high risk groups should also receive hepatitis B.
4. Flu vaccine can prevent up to 70% of hospitalizations and 87% of deaths from flu-related pneumonia.
5. Since flu viruses change each year, people should get the new vaccine annually, usually in the fall. It is important to remember you cannot get the flu from the vaccine.
6. Flu vaccine will not protect you from other respiratory infections, such as colds and bronchitis.
7. Pneumococcal pneumonia is the most common type of pneumonia, account for up to one-third of all types of pneumonia that lead to hospitalization.
8. Pneumonia vaccine is usually a once-in-a-lifetime shot. Again, you cannot get pneumonia from the vaccine.
9. Herpes zoster (shingles) occurs when someone who previously had chicken pox, has reactivation of the virus in their body.
10. 50% of persons age 85 years and older will have had shingles at least one time.

### Adult Immunization & Vaccination Resources

-  [Immunization Schedule for Ages 19 and up](#)
-  [Do you know which adult vaccines you need? - Take the CDC Quiz](#)
-  [Information on vaccines, vaccine preventable disease, and risks/side effects.](#)
-  [CDC website for Traveler's Health](#)

### Finding your Immunization Records

Some providers put immunization information about their patients into the Nebraska State Immunization Information System ([NESIIS](#)). While the Nebraska Immunization program encourages all vaccine providers to input information into the state registry, clinics are not required to by law. In those cases, patients will have to contact the clinic where they received a vaccination to get copies of their records.

### Contact Information

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