



# Vaccines for Adults

Protect Yourself and Those You Love

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## Vaccines Aren't Just For Kids

All adults need vaccines to stay healthy. Getting vaccinated is one of the best ways to protect yourself and your family and friends from serious diseases. Your age, job, hobbies, travel or health conditions may place you at risk for vaccine preventable diseases. The vaccines you received as a child can wear off over time.

## Find Out What Vaccines You Need

Talk to your healthcare provider about which vaccines are right for you. To view the full list of recommended adult vaccines, go to [cdc.gov/vaccines/schedules/parents-adults/resources-adults.html](https://www.cdc.gov/vaccines/schedules/parents-adults/resources-adults.html)

Take the adult vaccine quiz to get a customized printout of your recommended vaccines at [www2.cdc.gov/nip/adultimmsched](http://www2.cdc.gov/nip/adultimmsched).

## Some Adults Need Special Vaccines

Tell your healthcare provider if you fit into one or more of the groups below. You may need additional vaccines:

- Adults 19 - 45 years old
- Adults 50 years or older
- Adults caring for infants and small children
- Adults with certain health conditions
- Pregnant women
- Healthcare workers
- Food handlers
- International travelers

## Getting Vaccinated Is Easy

Most private health insurance plans cover the cost of recommended adult vaccines. Check with your insurance provider on your coverage and where you can get vaccinated.

The Westchester County Department of Health has no-cost vaccine clinics for people of all ages who don't have health insurance that covers the cost of vaccines. Call (914) 995-5800 to schedule an appointment in Yonkers or White Plains.

## Keep Track of Your Vaccines

When you get a vaccine, ask your provider for a copy of your vaccination record. Also, ask your provider to enter your vaccine history into NYSIIS, the statewide immunization registry. This will help you keep track of your vaccinations and ensure that you have an accurate record for school or work when you need it.