

For more information:

Middle-Brook Regional
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Other Resources:

Center for Disease Control (CDC)
www.CDC.gov/vaccines

ImmunizationActionCoalition (IAC)
www.immunize.org

NJ Department of Health
and Senior Services
Vaccine Preventable Disease Program
www.nj.gov/health/cd/vpdp/index.shtml

Visit www.vaccines.gov to find out
where you can get vaccinated!



Middle-Brook Regional
Health Commission

Adult
Immunization



Proudly Serving:

- Bound Brook
- Green Brook
- South Bound Brook
- Warren
- Watchung

Adult Immunization Schedule

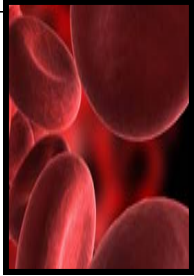
Vaccine ▼	Age ►	19-26 years	27-49 years	50-64 years	65+ years
Influenza (Flu)		Get a flu vaccine every year			
Tetanus, diphtheria, pertussis (Td/Tdap)		Get a Tdap vaccine once, then a Td booster vaccine every 10 years			
Varicella (Chickenpox)		2 doses			
HPV Vaccine for Women		3 doses	(No Recommendation)		
HPV Vaccine for Men (Gardasil)		3 doses	(No Recommendation)		
Zoster (Shingles)		(No Recommendation)		1 dose (60 -65+ years)	
Measles, mumps, rubella (MMR)		1 or 2 doses (Born after 1957)		(No Recommendation)	
Pneumococcal		(PCV13) 1 dose (PSSV23) 1 or 2 doses (+65 years) 1 dose			
Meningococcal		1 or more doses			
Hepatitis A		2 doses			
Hepatitis B		3 doses			
Haemophilus Influenzae Type B (Hib)		1 or 3 doses			
		Recommended for All Adults		Recommended for Adults with certain risks	

*If you are traveling outside the U.S., you may need additional vaccines. Ask your healthcare professional which vaccines you may need.

This chart is based on the Recommendations of the Advisory Committee on Immunization Practice (ACIP)

What is Immunization?

Immunization is a series of vaccines given to help your body develop antibodies to fight germs and help you stay healthy. These antibodies stay in your body so that when the germ comes again your body will already know how to fight it. This is called immunity. Sometimes you need a few doses of the vaccine to keep your levels of immunity elevated, because as you age and/or if you have certain illnesses, your immune system is weakened. Vaccination is key in becoming resistant to infection. You don't have to get sick to develop immunity, get vaccinated!



Why is it important?

There are many diseases that are vaccine preventable. However many adults become ill, disabled or even die from these diseases. People of all ages can benefit from vaccinations; from children to senior citizens. Being immunized doesn't only protect you but it protects those around you that can't get immunized themselves. Such as:

- Children that are not yet of age to be vaccinated.
- The elderly and others that are immuno compromised.



Many health plans cover recommended immunizations.
If uninsured visit [HealthCare.gov](https://www.healthcare.gov) for further assistance.

What vaccines do I need?

- Influenza (Flu)
- Tetanus, diphtheria, pertussis (Td/Tdap)
- Varicella (Chickenpox)
- HPV Vaccine for Women
- HPV Vaccine for Men
- Zoster (Shingles)
- Measles, mumps, rubella (MMR)
- Pneumococcal
- Meningococcal
- Hepatitis A
- Hepatitis B
- Haemophilus Influenzae type b (Hib)

* You can compare your immunization records to the list (above) to determine if you have already been immunized.

*If you are not sure if you have been immunized, you can request a Titer blood test, from your healthcare provider.

Did you know...?

- In the United States alone, about **42,000 adults die** from vaccine-preventable diseases each year.
- Healthy People 2020
- Pneumonia and influenza are acute respiratory infections, which is the **9th leading cause of death** in the U. S.

-Centers for Disease Control and Prevention

- Approximately **79 million** persons in the United States are infected with **HPV**, and approximately **14 million people in the United States will become newly infected** with HPV each year.

-Centers for Disease Control and Prevention

- There are more options for the flu vaccine now! **There is a flu vaccine made without egg protein.** Ask your doctor which option would be safest for you.

-Centers for Disease Control and Prevention