



Protect Yourself. Protect Your Family.

WASHINGTON STATE DEPARTMENT OF HEALTH:

- VISIT: doh.wa.gov/immunization

U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION:

- VISIT: cdc.gov/vaccines-adults/index.html

IMMUNIZATION ACTION COALITION:

- VISIT: vaccineinformation.org/adults



Part of the WithinReach family

Call our hotline to speak to a Family Resource Navigator at 1-800-322-2588 or find resources and services near you at www.HelpMeGrowWA.org



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DOH 348-321E CS January 2025 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers needing assistance, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

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Which vaccines do I need?

Your age, health conditions, job, and lifestyle determine which vaccines you need. Bring this schedule to your next appointment and check with your doctor, nurse, or pharmacist to make sure you are up to date on your vaccines. Always keep a copy of your current vaccine record.

You can also sign up to get access to your and your family's vaccine records online at MyIRmobile.com.

Yellow: Recommended vaccines for adults who meet age requirements, lack of documentation of vaccination, or lack of evidence of immunity.

Dark Blue: Recommend vaccines for adults with an additional risk factor or another indication.

Light Blue: Recommended vaccination based on shared clinical decision-making.

Recommended Adult Vaccine Schedule

| GET THESE VACCINES | 19 to 26 years | 27 to 49 years | 50 to 64 years | 65+ years |
|---|---|--|---|--------------------------------------|
| COVID-19 | 1 or more doses of 2024–2025 vaccine | | | 2 or more doses of 2024–2025 vaccine |
| Flu | Get a flu vaccine every year | | | |
| Respiratory Syncytial Virus (RSV) | Pregnant people can get a one-time dose between 32-36 weeks from Sept-Jan | No recommendation | Ages 60-74, 1 dose after talking with your provider | Age 75, 1 dose |
| Tetanus, diphtheria, pertussis (Tdap or Td) | 1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management Check with your primary care provider or pharmacist about Tdap or Td | | | |
| Measles, mumps, rubella (MMR) | 1 or 2 doses (if born in 1957 or later) | | | No recommendation |
| Chickenpox | 2 doses if born in 1980 or later | 2 doses if high risk | | |
| Shingles | 2 doses if high risk | | 2 doses | |
| Human papillomavirus (HPV) | 2-3 doses depending on age at first dose | 27-45: Discuss with healthcare provider | 46-65+: No recommendation | |
| Pneumococcal (PCV15, PCV20, PCV21, PPSV23) | 1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 OR 1 dose PCV21 | | 1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 OR 1 dose PCV21 65+: Discuss with provider | |
| Hepatitis A | 2, 3, or 4 doses depending on vaccine | | | |
| Hepatitis B | 2, 3, or 4 doses depending on vaccine or condition | | 2, 3, or 4 doses depending on vaccine or condition | |
| Meningococcal ACWY | 1 or more doses | | | |
| Meningococcal B | 19-23: Discuss with provider | 2 or 3 doses depending on vaccine and indication | | |
| Haemophilus influenzae type B (Hib) | 1 or 3 doses depending on indication | | | |
| Mpox | 2 doses for any person at risk | | | |
| Inactivated poliovirus (IPV) | 1 or more doses if not completely vaccinated | | | |



Parents need vaccines, too!

LOOK INSIDE TO FIND OUT HOW TO KEEP YOURSELF AND YOUR FAMILY HEALTHY





Protect Yourself * * *

Do adults really need vaccines?

Yes. In the United States people still become seriously ill or even die from diseases that vaccines can help prevent. Vaccines are recommended from birth throughout adulthood to give a lifetime of protection from serious diseases. Make sure you're up to date on your vaccines to protect yourself from potentially serious illnesses and to improve your quality of life.

Protect Your Family * * *

I hardly ever get sick. Why should I get vaccinated?

Vaccines can protect even healthy adults from serious diseases. Getting vaccinated also prevents the spread of illnesses to others. It helps protect those who have not been fully vaccinated, have weakened immune systems, or have certain medical conditions that prevent them from getting vaccinated. Make sure you don't spread dangerous illnesses, such as whooping cough, flu, COVID-19, RSV, or measles, to those you love.

Do I need vaccines during my pregnancy?

- Yes. Pregnant people need to get Tdap (whooping cough) vaccine during each pregnancy. They should also get flu, COVID-19, and RSV vaccines if pregnant during the respiratory illness season. You can pass along protection against these illnesses to your baby until they are old enough to get vaccinated. You may also need other vaccines before, during, or after your pregnancy. Talk to your health care provider to find out which vaccines you may need.

What is community immunity?

- Community (or herd) immunity is reached when enough people are vaccinated against a certain disease. As a result, germs cannot travel as easily from person to person and the entire community is less likely to get the disease. Communities get the best protection when at least 9 out of 10 of us are vaccinated. Community immunity protects those who cannot be vaccinated because of a weakened immune system. Ask about vaccine rates in places where your loved ones spend a lot of time, such as schools, child care centers, and long-term care facilities.

Are vaccines safe?

- Yes! Vaccines are among the safest medicines you can get. Before and after they are licensed, vaccines are tested and monitored for safety and how



well they protect people from disease. The Food and Drug Administration licenses a vaccine only if it is safe and effective.

Some people may have mild side effects, such as a slight fever or soreness where the vaccine was given. Serious side effects are very rare. The benefits of vaccines far outweigh the risks. If you have questions, ask your health care provider for more information.

Where can I get vaccinated?

- Your doctor, clinic, local health department, and many pharmacies offer vaccines. Health insurance plans cover most adult vaccines. If you need help finding a doctor or clinic that offers vaccines, call the Help Me Grow Washington Hotline at 1-800-322-2588. You can go to [vaccines.gov](https://www.vaccines.gov) to find a location near you.

Nadia's Story * * *

"My daughter, Nadia Rose Alexandria Willett, died at age 31 from a rare form of bacterial meningitis called Waterhouse-Friderichsen Syndrome. This syndrome can be caused by meningococcal disease, which Nadia wasn't vaccinated against.



Nadia and her fiancée, Orrin, were on a fun-filled weekend of snowboarding with friends. They stopped for lunch before the trip home, and immediately after, Nadia

became very sick. Everyone thought she had food poisoning. At home, Nadia's fever of 103° and ice-cold chills told Orrin that something was terribly wrong, so he rushed her to the nearest hospital.

Four hours after I got to the emergency room, Nadia was gone. The hospital staff tried to save her life, but she passed away at 3:00 a.m. on January 11, 2010. Nadia's memorial service was on my birthday. It was the day I was born and the day I died."

-Karin Willett

Heidi's Story * * *

Five days before my second baby was due, I got a mild, dry cough which doctors thought was asthma. About two weeks after I gave birth, my daughter started coughing, choking, gagging, and turning blue.

At Seattle Children's Hospital, she tested positive for pertussis (whooping cough) and they asked me who had been sick or coughing. My heart sank—I had whooping cough, not asthma. I had given my baby a potentially fatal disease, and it was devastating. She spent 23 terrifying days in the hospital fighting for her life and her cough lasted over 100 days. I had no idea that I needed a whooping cough booster shot—Tdap. I hope other parents can learn from my experience: Get vaccinated to protect your baby.

-Heidi Bruch

