

Many adults don't know they need vaccines to protect against serious, but preventable diseases.

**These factors determine which vaccines you need:**

**HEALTH CONDITIONS**

**Lifestyle**

**Age and Job**

**If you are 60 or older, ask your doctor about these vaccines:**

- Flu (Influenza)
- Pneumococcal
- Shingles (zoster) eligible at 50 years
- Tetanus, Diphtheria, and Whooping Cough (Pertussis)
- RSV



## Where can I get vaccines?

- Your doctor's office
- Your local pharmacy
- Some local health departments:  
[www.doh.wa.gov/localhealth](http://www.doh.wa.gov/localhealth)

To find a place where you can get vaccines, call Help Me Grow WA Hotline at **1-800-322-2588**.

## Where can I get more information?

**Check out these organizations:**

- Washington State Department of Health:  
[www.doh.wa.gov/immunization](http://www.doh.wa.gov/immunization)  
or call at 1-866-397-0337
- Immunization Action Coalition of Washington:  
[www.immunitycommunitywa.org/iacw](http://www.immunitycommunitywa.org/iacw)
- Centers for Disease Control and Prevention:  
[www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)
- U.S. Department of Health and Human Services:  
[www.vaccines.gov](http://www.vaccines.gov)



DOH 348-107 July 2024

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

# ARE YOU 60 OR OLDER?

## Get Vaccinated

Protect yourself. Protect your family.



[www.doh.wa.gov/immunization](http://www.doh.wa.gov/immunization)

# If you are 60 or older, ask your doctor about these vaccinations.

## Flu (Influenza) Vaccine

**Everyone 6 months or older should get a flu vaccine each year.**

- Adults aged 65 years or older are at a higher risk of serious illness and death if they get the flu.
- Certain health conditions also put you at higher risk including asthma, chronic lung disease, heart disease, diabetes, and having a weakened immune system.

**Getting a flu shot every year is the best way to protect yourself and those around you.**

## Tetanus, Diphtheria, and Whooping Cough (Pertussis) Vaccine

**Tdap vaccine protects against pertussis (whooping cough), tetanus, and diphtheria.**

- If you will be in contact with, or caring for, a baby you will need to be up to date with Tdap vaccination.
- Talk with your health care provider about how many Tdap or Td vaccines you need.
- A Td or Tdap booster is needed every 10 years to keep your protection high.

**Whooping cough is a very serious illness in babies.**

## Pneumococcal Vaccines

**Adults 65 years or older should be up to date with pneumococcal vaccination.**

- If you have never received a pneumococcal vaccine, PCV15 or PCV20 are recommended for adults 65 or older and adults 19-64 years with certain medical conditions. If PCV15 is used, follow with a dose of PPSV23 one year later.

## RSV (Respiratory Syncytial Virus)

**Adults 60 and over may need a single dose of RSV vaccination**

- Some adults are at increased risk of severe RSV especially if you have a weakened immune system or certain chronic medical conditions

**Talk to your health care provider to see if RSV vaccination is appropriate for you**



**Stay Up To Date On Your COVID-19 Vaccines**

## Shingles (Zoster) Vaccine

**All adults 50 years or older need the shingles vaccine.**

- Shingles is caused by the same virus that causes chickenpox. Anyone who has had chickenpox may develop shingles. The risk of shingles increases as you get older.
- Shingles is a painful skin rash that can last for months or even years. There is no cure for shingles, but treatment options can reduce the length of illness and prevent complications.

**Talk to your doctor about getting the shingles vaccine, even if you have already had shingles.**



## Traveling Soon?

**Talk to your your doctor to find out what vaccines you need for your destination. Find more information at: [www.cdc.gov/travel](http://www.cdc.gov/travel).**

**Find travel vaccine information at: [www.gten.travel/trhip/trhip](http://www.gten.travel/trhip/trhip)**