

# THE IMPORTANCE OF STAYING UP TO DATE ON RECOMMENDED VACCINATIONS



As we continue to take precautions to stop the spread of COVID-19, including social distancing and wearing face masks, and begin to shift focus on new vaccines to prevent COVID-19, it is also important to stay up to date on vaccines that are readily available to prevent other infectious diseases. **The following is a sample list of recommended vaccines, but is not comprehensive.**

Learn more about vaccines that are recommended for you and your family at [www.nfid.org/immunization](http://www.nfid.org/immunization), including a **complete list of vaccine-preventable diseases by age group.**

An annual influenza (flu) vaccine is recommended for everyone age 6 months and older. Additional vaccines\* that may have been missed during the COVID-19 pandemic include:



## PROTECTING CHILDREN

### DTaP Vaccine

The DTaP vaccine helps protect children against three different infections: **diphtheria, tetanus, and whooping cough (pertussis)**. As many as **1 out of 5 children** younger than 5 years old who get diphtheria dies, while others may develop abnormal heart rhythms, nerve damage, and paralysis.

### Hepatitis B Vaccine

Hepatitis B infection can cause chronic, life-threatening illness. **About 9 in 10 infants** who get hepatitis B develop a life-long infection with serious health issues such as liver damage or liver cancer, which can lead to death.

### MMR Vaccine

MMR vaccination protects children from three, serious infections: **measles, mumps, and rubella**. About **1 out of every 20 children** with measles gets pneumonia and **1 out of every 1,000 children** with measles will develop encephalitis, which can lead to deafness or intellectual disabilities. Up to **3 in 1,000 people** with measles will die, even with the best care.



## PROTECTING ADOLESCENTS

### HPV Vaccine

HPV vaccines help protect adolescents from **human papillomavirus (HPV)**, a common virus that can cause cancer later in life. Each year in the US, HPV causes about **35,000 cases of cancer** in men and women, and **4,000 women die** every year from cervical cancer caused by HPV.

### Meningococcal Vaccine

Meningococcal disease is a dangerous infection that largely impacts young adults. Even with treatment, **1 in 10** individuals die, and **2 in 10** survivors will have long-term disabilities such as brain damage, hearing loss, or loss of limbs.



## PROTECTING ADULTS

### Pneumococcal Vaccine

Pneumococcal vaccines protect against infections caused by various types of pneumococcal bacteria. In the US, it is estimated that more than **150,000 hospitalizations** from pneumococcal pneumonia occur each year, and about **5-7% of those who are hospitalized from it will die.**

### Shingles Vaccine

Shingles is a dangerous illness that affects **~1 in 3 people** in the US in their lifetime. Older adults are at greater risk for complications such as long-term, debilitating nerve pain called postherpetic neuralgia (PHN).

### Tetanus Vaccine

Tetanus can lead to serious health problems like muscle stiffness, lockjaw, and difficulty breathing. Nearly **2 in 10** tetanus infections are fatal.

Low vaccination rates can lead to **dangerous disease outbreaks** and put **vulnerable individuals and communities at risk**. There are additional recommended vaccines not included on this list, so talk to your healthcare professional to ensure that you and your family are protected against all vaccine-preventable diseases!

**\*TO LEARN MORE AND VIEW A COMPLETE LIST OF RECOMMENDED VACCINES BY AGE, VISIT [NFID.ORG](http://NFID.ORG)**