

Adult Vaccination



Health Bulletin

Visit nyc.gov/health to see all Health Bulletins.
Call **311** to order free copies.



Adults Need Vaccines, Too

- Each year thousands of adult New Yorkers get sick – and some even die – from diseases that can be prevented by vaccines.



Influenza and pneumonia continue to be the **third leading cause of death** in NYC.*

- Vaccines are one of the safest and most effective ways to protect your health. They lower your chance of getting sick and spreading certain diseases to your loved ones, and can help keep you healthy.

Recommended Vaccines

The CDC recommends more than 10 vaccines for adults based on age and risk factors. Of these vaccines, it's especially important that you:



Get the flu vaccine every year. It is updated every year to protect you against current influenza viruses.



Get pneumococcal vaccines, if you are 65 or older, or have certain medical conditions. These vaccines protect against pneumonia and other serious diseases.



Get a zoster vaccine to protect against shingles, if you are 60 or older.



Get a Tdap vaccine, if you did not get one as a child, to protect against tetanus, diphtheria and pertussis (whooping cough). Pregnant women need a Tdap dose during every pregnancy. Get a Td booster shot every 10 years to protect against tetanus.

Vaccination Locations

Talk to your provider about which vaccines are right for you. You can get vaccinated at your doctor's office and at many other locations:



Visit your nearest pharmacy - many offer vaccines for adults.



Check if your workplace offers vaccines.



Visit the Health Department's immunization clinic or a City-run clinic or hospital.



Find a vaccination location in your neighborhood: visit nyc.gov/health/map or nyc.gov/health/clinics.

Keep a Record of Your Vaccinations

You may need this for school or work. Here are some tips on how to keep track of your records:

- Ask your provider to report your vaccination information to the Health Department's Citywide Immunization Registry (CIR). The CIR is a secure way for providers to access your immunization history and share it with you.
- Ask your provider for a signed immunization record. Have your provider update this record whenever you get a vaccine.
- Collect vaccination information from your parents, previous schools and past employers. Then work with your provider to keep your records up-to-date.

Resources

Connect



@nychealthy



nychealth



@nychealthy

Learn More

Visit [cdc.gov/vaccines/adults](https://www.cdc.gov/vaccines/adults)

Find a No- or Low-Cost Clinic

Visit [nyc.gov/health/map](https://www.nyc.gov/health/map) or [nyc.gov/health/clinics](https://www.nyc.gov/health/clinics)

Receive the Latest Health Bulletins

Visit [nyc.gov/health/pubs](https://www.nyc.gov/health/pubs)



Visit [nyc.gov/health](https://www.nyc.gov/health) for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language. These services are free at all New York City Health Department offices and clinics.