ADULT IMMUNIZATION RECORD
Always carry this record with you and have your healthcare provider or clinic keep it up-to-date.

Are vaccines safe?
Yes! Vaccines are among the safest medicines available. Vaccines are tested at length before they are licensed and continue to be monitored for side effects through the Vaccine Adverse Event Reporting System (VAERS).

After vaccination, some people may have mild side effects, such as slight fever or soreness at the injection site. Severe vaccine reactions are rare.

Are you traveling out of the country?
You may need other vaccines to protect yourself against diseases that are not common in the U.S. Ask your doctor, nurse, or local health department if you have questions about recommended vaccines. For more information about travel vaccines, visit: [www.cdc.gov/travel](http://www.cdc.gov/travel).

How can I keep track of my vaccination record?

- The New Jersey Immunization Information System (NJIIS) can keep your record for you! Ask your provider if your vaccines have been recorded in NJIIS. This can help to determine which vaccines you need, and when you need them.

- Keep a record of the vaccines that you have received and carry it with you each time you visit your provider. Included in this brochure is a tear-off form to use for recording your immunizations.

Where can I get more information?

- Your Healthcare Provider
  [http://localhealth.nj.gov](http://localhealth.nj.gov)
- New Jersey Department of Health Vaccine Preventable Disease Program
  609-826-4861
- Centers for Disease Control and Prevention (CDC)
  [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)
  1-800-CDC-INFO
- Immunization Action Coalition
  [www.immunize.org](http://www.immunize.org)

Determine which vaccines you need!
Take this quiz to find out which vaccines you may need: [www2.cdc.gov/nip/adultimmsched](http://www2.cdc.gov/nip/adultimmsched).
### Vaccine-preventable diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>Disease information</th>
<th>Vaccination frequency</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza (Flu)</td>
<td>The flu vaccine is especially important for older adults, pregnant women, adults with weakened immune systems and healthcare workers.</td>
<td>One dose each year</td>
<td>All adults</td>
</tr>
<tr>
<td>Tetanus, diphtheria, and pertussis (Tdap)/Td</td>
<td>Tetanus is an infection from bacteria in the environment that enters the body through open wounds. Pertussis (whooping cough) is a bacterial respiratory infection which causes severe coughing spells. It is especially important for adults who spend time with babies to be vaccinated against pertussis.</td>
<td>• One Tdap dose</td>
<td>All adults</td>
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<td></td>
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<td>• One Td booster every 10 years</td>
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<td></td>
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<td>• One dose of Tdap with each pregnancy</td>
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<tr>
<td>Human Papillomavirus</td>
<td>HPV vaccine can protect men and women against genital warts and several types of cancer such as cervical, throat, and anal cancer.</td>
<td>One completed series</td>
<td>Up to 26 years</td>
</tr>
<tr>
<td>Shingles/ Zoster</td>
<td>Shingles is a viral infection that causes a painful rash and can be quite severe. The vaccine is beneficial for adults whether or not they have had shingles previously.</td>
<td>One dose</td>
<td>60 and older</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>This bacterial disease may cause serious infections of the lungs, blood, and even the covering of the brain and spinal cord. There are 2 recommended pneumococcal vaccines.</td>
<td>Two doses (one PCV13 and one PPSV23)</td>
<td>65 and older</td>
</tr>
</tbody>
</table>

Some vaccinations are recommended for adults with certain health conditions (e.g. diabetes, lung disease, kidney disease, immunocompromising conditions), jobs (e.g. healthcare and laboratory workers), attendance at higher education institutions, or lifestyles. Other vaccinations may be needed if any doses were missed earlier in life. In addition to the vaccines listed above, these vaccinations may include:

- Chickenpox (varicella)
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B*
- Measles, Mumps, and Rubella (MMR)*
- Meningococcal*

Speak with your healthcare provider to learn more about your vaccination needs.

Please review the most recent immunization guidelines for the current recommendations. For detailed information including vaccination of persons with high-risk conditions, please visit the CDC Recommended Immunization Schedules, www.cdc.gov/vaccines/schedules/index.html.

*Requirements for college students can be found in the Higher Education Immunization Rule (N.J.A.C. 8:57-6).