**From the Parish Health Team**

**Adult Vaccinations**

You can protect your health and the health of others around you by staying up to date on recommended vaccinations! All adults need a yearly influenza vaccination and Tdap (tetanus, diphtheria, pertussis) booster every 10 years. Other vaccines are based on age, health conditions, job, lifestyle, or travel. Check the Adult Immunization Schedule on the CDC website ([www.cdc.gov](http://www.cdc.gov)) to identify those you need.

Recommendations can change and new vaccines may become available so it is important to stay up to date. Maintain your own records to keep track of the specific vaccines you have received, date given, and where you received it. This will be helpful as you add new doctors, change doctors, and receive vaccinations at different locations.

If you have received a pneumococcal vaccination in the past you may want to check your records or ask your doctor if you are up to date with current guidelines. Two pneumococcal vaccines are now recommended; one dose of PCV13 (covers 13 different strains of the pneumococcal organism) followed by one dose of PPSV23 (different type of vaccine that covers 23 strains).

There are now 2 types of shingles vaccines on the market. The newer version, Shingrix®, provides greater than 90% protection as compared to only 51% effectiveness from Zostavax® in preventing the shingles. Adults 50 and older, including adults who have had shingles or got the previous vaccine, should receive the Shingrix® version. This vaccination requires 2 doses given 2 to 6 months apart. Side effects are common with 1 out of 6 people reporting symptoms that kept them from doing regular activities, so be prepared for that. They only last 2 to 3 days and may be treated with over the counter ibuprofen or acetaminophen. Remember pain from the shingles can last a lifetime, so this is mild in comparison to that!

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