

Immunizations Not **Just** for Kids

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine-preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

Vaccine	Recommended Schedule *
Influenza:	Yearly, especially if at risk
Meningococcal:	One dose, age 11-12 or 13-18 if not previously immunized
Tetanus-Diphtheria/Tetanus-Diphtheria-Pertussis:	One dose, age 11-12, then booster every 10 years
Human Papilloma Virus (females only):	Three doses, age 11-26
Measles - Mumps - Rubella:	If born after 1956, one or two doses if never immunized up to age 65
Pneumococcal:	One dose, at or after age 65
Varicella (chicken pox):	Two doses if no prior infection or immunization received
Zoster (shingles):	One dose, at or after age 60

* Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: www.cdc.gov/vaccines/recs/schedules/default.htm

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.



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