

City of Bloomington, Division of Public Health

New year, new you tip #4: To protect your health and wellbeing, keep your immunizations up-to-date, including your flu shot, and wash your hands frequently.

Regardless of age, we ALL need immunizations to help keep us healthy.

Keeping hands clean by washing them with soap and clean, running water is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Immunizations for adults

- **Influenza (flu) vaccine** every year
- **Tdap vaccine:** Every adult should get this vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough).
- **A Td (tetanus, diphtheria) booster** shot every 10 years.
- Women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.



Additional immunizations for young adults age 19-26

- **Human papilloma virus (HPV) vaccine** to protect against certain cancers and other diseases caused by HPV if you didn't receive it as an adolescent.
- **Meningococcal vaccine** to protect against meningococcal disease for first-year college students living in residence halls
- **Check your vaccination status and get vaccinated if needed.** Other vaccinations young adults may need include those that protect against the following:
 - Hepatitis B
 - Hepatitis A
 - Chickenpox (varicella)
 - Measles, mumps, and rubella

Additional immunizations for adults age 60 and older

- **Zostavax** is recommended to prevent shingles. However, the vaccine is approved for people as young as 50.
- **One dose of pneumococcal vaccine** is recommended for adults age 65 and older and for adults up to age 64 with certain medical conditions.

What Public Health does for you

We work with the State Department of Health to assure protection for everyone in our community from diseases that spread. Everyone can get immunized by nurses at our public clinics, and we also provide flu shots at various community locations. That is part of what we do to keep everyone in our community well.