

From the NH Immunization Program (NHIP)

What Vaccines Do YOU Need?

Vaccines are not just for children! **ALL** adults need vaccines to protect themselves, and those around them, against common diseases that can be serious.

Everyone needs an **influenza vaccine** every year during flu season, including pregnant women during any trimester. And although flu season is well underway, it's not too late to vaccinate!

Everyone needs **Tdap (tetanus, diphtheria, and pertussis) vaccine** one time, no matter when you got your last tetanus (Td) vaccine. This is to protect yourself and those around you, especially the babies and young children you care for, from pertussis (whooping cough). Pregnant women need a Tdap dose during every pregnancy. **Td vaccine**, to protect against tetanus and diphtheria, is needed every 10 years.

You should also be sure you are protected against measles, mumps, and chicken pox or need additional vaccines, based on your age, other health conditions, your lifestyle or job, or travel outside the US.

To find out what vaccines you may need, check out this easy to read poster from CDC: <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-vaccines-need.pdf>

For more information or questions about vaccines at any age, please contact the NH Immunization Program at 603-271-4482 or visit our website: <http://www.dhhs.nh.gov/dphs/immunization/>

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