

# Vaccinations for Adults

Many vaccine preventable diseases rarely seen in the United States are still prevalent in other parts of the world. Vaccination is one of the best ways to protect yourself from serious illness.

## Recommended Vaccines

<b>Diphtheria, Tetanus, and Pertussis (DPT)</b>	Diphtheria is a potentially fatal infection that is common in developing countries. Tetanus (lockjaw) is caused by contamination of cuts or wounds. Pertussis (whooping cough) is a highly contagious respiratory disease caused by bacteria. If you haven't had at least 3 doses you will need to complete the series and then get a booster every 10 years
<b>Measles, Mumps, and Rubella (MMR)</b>	Measles is a potentially serious illness with fever, cough, and rash that can lead to brain damage. Mumps may cause brain infection or infertility in males. Rubella (German measles) usually causes mild fever and rash but can be damaging to a developing fetus. These diseases are common in developing countries and can be prevented with live measles/mumps. Non immune people need 2 doses given at least 28 days apart.
<b>Polio</b>	Polio is a viral illness that is spread by contaminated food and water and can result in paralysis or death. Everyone should have a primary series (3 doses). A one-time adult booster dose is advisable for persons traveling to risk areas who have completed the primary series.
<b>Varicella</b>	Varicella (chickenpox) is a viral illness spread by respiratory droplets; it causes an itchy blister-like rash. A person who has chicken pox can get a painful rash years later called shingles. Non-immune adults are at increased risk of severe illness. Persons born before 1980 in the US may already be immune. Non-immune persons age 13 years and older are given 2 doses, given 4-8 weeks apart
<b>Hepatitis B</b>	Hepatitis B virus causes severe liver infection with fever and jaundice; if the infection becomes chronic it can lead to liver failure or cancer. Hepatitis B virus can be transmitted by non-sterile needles, contaminated blood products, and sexual contact. Three doses are usually given at 0, 1, and 6 months.
<b>Influenza</b>	Influenza is a viral infection that causes fever, headache, muscle aches, and lung infection and occurs year round in the tropics. The virus usually enters one's body through mucus membranes in the mouth, nose, or eyes when an infected person coughs or sneezes. One dose of influenza vaccine is given and lasts only for the current flu season

## Travel Related Vaccines

<b>Hepatitis A</b>	Hepatitis A virus causes liver infection with fever and jaundice. Rarely, life-threatening, this illness can be severe and recovery can be prolonged. Infection is passed by consuming contaminated food or water and can be prevalent in developing countries. The initial dose of vaccine protects for a year or more and a second dose (booster) given at least 6 months after the first dose will confer life-long protection.
<b>Typhoid</b>	Typhoid is a serious bacterial infection that spreads through the bloodstream, resulting in high fever, belly pain, and either diarrhea or constipation. Infection is acquired by consuming contaminated food or water and is common in many developing countries. One dose of injectable typhoid vaccine protects for 2-3 years. Four doses of the oral vaccine (given on days 0, 2, 4, and 6) provide 5-6 years of protection
<b>Japanese encephalitis</b>	Japanese encephalitis is a viral infection of the brain that is transmitted by the bite of an infected mosquito in certain rural areas of Asia. Three doses of vaccine (given on days 0, 7, and 30) provide protection for about 3 years. An accelerated schedule of 3 doses given on days 0, 7, and 14 may be used if necessary. Serious and sometimes delayed allergic reactions can occur up to 10 days after vaccination (in less than 0.5% of persons) and may be more likely in persons with multiple allergies.

## Required immunizations for some countries. Proof may be required

<b>Meningococcus</b>	Meningococcal infection is spread by respiratory secretions and causes a severe illness with fever, rash, and (often) meningitis that may lead rapidly to death. It is recommended for college freshmen living in dormitories and travelers to sub-Saharan Africa. A single dose of meningococcal vaccine appears to provide protection in adults for at least 5 years
<b>Yellow fever</b>	Yellow fever is an often life-threatening viral illness spread by mosquitoes in the Amazon basin of South America and sub-Saharan Africa. Yellow fever vaccine may be recommended or required for travel to or from these countries. One dose is given and becomes effective in about 10 days and protects for 10 years or more. <i>This vaccine cannot be used by persons allergic to eggs</i>