

Promoting Adult Immunization

Resources for Staff Supporting Grandparents Raising Grandkids

Summary

This electronic resource document provides background information on the importance of adult immunization, print materials for adults and older adults, and additional web resources to support staff working with grandparents increase awareness about adult immunization.

Background

Vaccinating our children is commonplace in the United States. But many adults don't know which vaccines they need, and even fewer are fully vaccinated. Even if adults were fully vaccinated as children, the protection from some vaccines they received can wear off over time and they may need a booster.

Vaccines are recommended for adults to prevent serious diseases such as flu, shingles, pneumonia, hepatitis, and whooping cough. It is especially important for older adults and those with chronic health conditions such as heart disease, asthma, chronic obstructive pulmonary disease (COPD) and diabetes to get vaccinated be-

cause they are at increased risk for complications from diseases.

Vaccination is important because it not only protects the person being vaccinated, but also helps prevent the spread of diseases to others – especially those who are most vulnerable to serious complications, such as young children, older people, and people with certain chronic conditions or weakened immune systems.

Visit www.cdc.gov/vaccines/adults for more information.

Content adapted from the National Immunization Awareness Month Communication Toolkit (2017), developed by the National Public Health Information Coalition (NPHIC), in collaboration with CDC.



**Shots
aren't just
for kids.**

Vaccines for adults can prevent serious diseases and even death. Ask your doctor about what immunizations you need. Because staying healthy at any age isn't kid stuff.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Vaccines can prevent influenza (flu),
shingles, diphtheria/tetanus, pertussis,
and pneumococcal diseases.
<http://www.cdc.gov/vaccines/adults>

Every year, tens of thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines.

- Each year, an average of 226,000 people are hospitalized due to influenza and between 3,000 and 49,000 people die of influenza and its complications, the majority of which are adults.
- About 900,000 people get pneumococcal pneumonia every year, leading to as many as 400,000 hospitalizations and 19,000 deaths.
- 850,000 to 2.2 million people suffer from chronic hepatitis B, with complications such as liver cancer.
- Of the approximately one million cases of shingles that occur annually, up to 9% will involve the eye.

Immunization Resources for Grandparents Raising Grandkids

Print Materials



The table below provides immunization promotion materials in different formats that staff can print and share with grandparents raising grandkids. The print materials are tailored to the general adult population and specific older adult groups. Messages promote multiple adult vaccines and specific adult vaccines such as the flu and shingles. Flyer print materials contain minimal text.

Click on the Language(s) hyperlinks to download the print materials.

| Resource | Format | Language(s) | Source link |
|--|-----------------------------|--|---|
| "3 Important Reasons For Adults to Get Vaccinated" | 8.5x11 fact sheet (2 pages) | English , Spanish | CDC |
| "Vaccines for Adults: A pathway to health" | 3.5x8 brochure | English , Russian , Spanish , Vietnamese | WA Department of Health |
| "Shots aren't just for kids." | 9.08x11.58 flyer (1 page) | English | CDC |
| "Are You 60 or Older? Get immunized. Protect yourself. Protect your family." | 3.5x8 brochure | English | WA Department of Health |
| "Older Adults Need Vaccines, Too!" | 4x9 fact sheet (2 pages) | English , Spanish | HealthInsight |
| "If You Take Care of Kids, Protect Them from Flu and Whooping Cough" | 8.5x11 fact sheet (1 page) | English , Russian , Spanish , Vietnamese | WA Department of Health |
| "Grandparents: Protect Your Loved Ones Against Flu and Whooping Cough" | 8.5x11 fact sheet (1 page) | English , Russian , Spanish , Vietnamese | WA Department of Health |
| "By Protecting Myself I am Protecting her." (Flu and 65 and older) | 8.5x11 flyer (1 page) | English , Spanish | CDC |
| "Shingles and the Shingles Vaccine" (60 and older) | 8.5x11 fact sheet (2 pages) | English , Spanish | CDC |

Immunization Resources for Grandparents Raising Grandkids

Additional Resources:

CDC: Easy-to-Read Adult Immunization Schedule (PDF) (English, Spanish)

What vaccines are recommended for adults? [Click here](#) to find out what vaccine are recommended for adults at different age groups and with specific health conditions such as heart disease and diabetes.

Communication Toolkit for Adults

A comprehensive communication toolkit for adults, developed by the National Public Health Information Coalition (NPHIC) and the CDC, supports organizations' immunization promotion activities. The toolkit contains vaccine information (including health insurance information), sample messages, newsletter templates, web resources, and more. To download the Adult Communication Toolkit, [click here](#).

CDC: Print Materials for Adults with Chronic Health Conditions (English, Spanish)

For fact sheet materials (8.5x11, 1 page) that explain the importance of immunization for people with diabetes, heart disease, and chronic obstructive pulmonary disease (COPD) or asthma, [click here](#).

Additional Multilingual Print Materials

HealthReach provides multilingual health education materials for refugees. Visit [HealthReach](#) to download additional adult immunization print materials (8.5x11 fact sheet) in more languages.

Dates to Support Immunization Promotion Activities

- **National Immunization Awareness Month** ([NIAM](#)) occurs every August.
- **National Influenza Vaccination Week** ([NIVW](#)) 2017 will be observed December 3-9.
- **Influenza season:** While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. CDC recommends that people get vaccinated by the end of October, if possible.



**It's National Influenza
Vaccination Week (NIVW)!**

