

# Adult Immunizations

Stay Protected



## What Does Immunization Mean?

Immunizations (vaccines) protect your body against diseases that can make you very sick or even cause death.

## How Do Vaccines Work?

Vaccines teach your body to fight against diseases. They can stop you from getting sick or make sickness less serious. They also help stop the spread of germs, keeping others healthy.

## Why Do Adults Need Vaccines?

Vaccines you got as a child can wear off and some weren't available when you were a kid. You might need new vaccines for new diseases.



## When Should I Get Vaccinated?

The chart below is a vaccination schedule for healthy adults based on age.

Ages:	19-26	27-49	50-65	65+
Influenza*	1 dose every year			
COVID-19*	1 dose of updated vaccine			
Td/Tdap*	1 dose every 10 years			
HPV	2-3 doses			
Hep B	2-4 doses			
Shingles	2 doses			
Pneumococcal	1 dose			
RSV*	1 dose			

\* Getting vaccinated during pregnancy is crucial for protecting your baby in their first year of life.

## Vaccines Protect You From:

- **Influenza (Flu):** A virus that affects the nose, throat and lungs. It spreads easily, causing severe illness, even death to those at high risk.
- **Tdap/Td:** Tetanus (painful muscle stiffness), diphtheria (breathing problems) and, with Tdap, whooping cough (severe coughing fits), which is dangerous to babies.
- **Shingles (Zoster):** A painful rash that can cause long-lasting nerve pain.
- **Pneumococcal:** Causes pneumonia, meningitis and infections in the blood, especially in older adults and people with health problems.
- **Hepatitis B (Hep B):** A liver infection spread through blood or body fluids that can lead to liver disease or cancer.
- **Human papillomavirus (HPV):** A virus that causes warts and some types of cancer, spread by skin contact.
- **COVID-19:** A virus that causes fever, cough and trouble breathing, leading to more severe, long-lasting illness or death.
- **Respiratory syncytial virus (RSV):** A virus with cold-like symptoms that can be dangerous to babies, young children and older adults.

## Other Vaccines You Might Need

Talk to your doctor about staying up to date with your vaccines. To see the full list of recommended vaccines, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

**Get Free Advice from a Nurse:** Call our 24-Hour Nurse Advice Line at **1-888-244-IEHP (4347)** TTY **711**

IEHP Member Services:  
**1-800-440-IEHP (4347)**  
 Monday-Friday, 7am-7pm  
 Saturday-Sunday, 8am-5pm  
 TTY **1-800-718-IEHP (4347)**.



Stay connected. Follow us!



# 成人免疫接種

## 保持防護力



### 免疫接種是什麼意思？

免疫接種（疫苗）可以保護您的身體免於罹患可能使您發生重症甚或致命的疾病。

### 疫苗的作用方式為何？

疫苗會教導您的身體對抗疾病。疫苗可以防止您生病或減輕病情的嚴重程度。疫苗也可以協助防止病菌傳播，保持他人健康。

### 為何成人需要接種疫苗？

您小時候接種的疫苗可能會隨時間失效，而且有些疫苗在您童年時期還未問世。您可能需要接種新疫苗來預防新疾病。



### 我何時應接種疫苗？

下表是不同年齡層之健康成人的疫苗接種時間表。

年齡：	19-26	27-49	50-65	65+
流行性感冒*	每年1劑			
COVID-19*	1劑更新的疫苗			
Td/Tdap*	每10年1劑			
HPV	2-3劑			
B肝	2-4劑			
帶狀皰疹	2劑			
肺炎球菌	1劑			
RSV*	1劑			

\* 在懷孕期間接種疫苗對保護寶  
寶第一年的健康至關重要。

### 疫苗可以保護您免於罹患：

- **流行性感冒（流感）：**會影響鼻子、喉嚨和肺部的病毒。流感病毒很容易傳播，會導致高風險族群發生重症，甚至死亡。
- **破傷風、白喉和百日咳 / 破傷風和白喉 (Tetanus, Diphtheria, and Pertussis/ Tetanus, Diphtheria, Tdap/Td)：**破傷風（伴隨疼痛的肌肉僵硬）、白喉（呼吸問題）以及 Tdap 疫苗中的百日咳（嚴重的咳嗽發作），對嬰兒尤其危險。
- **帶狀泡疹（皮蛇）：**一種伴隨疼痛的皮疹，可能會導致長期神經痛。
- **肺炎球菌：**會引起肺炎、腦膜炎和血液感染，尤其是老年人和有健康問題人。
- **B型肝炎（B肝）：**一種透過血液或體液傳播的肝臟感染，可能會導致肝病或肝癌。
- **人類乳突病毒 (Human Papillomavirus, HPV)：**一種會引起疣和某些類型癌症的病毒，透過皮膚接觸傳播。
- **COVID-19：**一種會引起發燒、咳嗽和呼吸困難的病毒，進而導致更嚴重且持續性的疾病或造成死亡。
- **呼吸道融合病毒 (Respiratory Syncytial Virus, RSV)：**一種具有類似感冒症狀的病毒，對嬰

### 您可能需要接種的其他疫苗

請與您的醫生討論有關按時接種疫苗的事宜。如欲查看建議疫苗的完整清單，請前往 [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

### 免費取得護士的諮詢：

請致電24小時的  
護士諮詢專線

**1-888-244-IEHP (4347)**

TTY **711**

IEHP會員服務部：

**1-800-440-IEHP (4347)**

週一至週五，上午7時至晚上7時

週六至週日，上午8時至下午5時

TTY **1-800-718-IEHP (4347)**。



保持聯繫。請關注我們！

