



Immunize for Life

YOUNG ADULTS

Young Adults (Ages 18 - 26)

Vaccines help prevent many diseases. Some new vaccines are available today that were not in use just a few years ago. By protecting yourself, you help protect everyone around you, especially infants, older adults and people with weakened immune systems. They can become very ill when exposed to others carrying a contagious disease.

Up-to-date vaccinations are important to your health. If you have never been vaccinated, it is not too late to begin. Many immunizations must be given more than once in order to provide protection.

Talk to your health care provider about the vaccines you should get. He or she will discuss which reactions are normal. Only in rare cases are vaccines not recommended. Many states require students who live on campus to be vaccinated against meningococcal disease. Your doctor may also recommend other vaccines for college-bound students.

Young adults should consider the following vaccinations:

Vaccine	Protects Against
Tdap, Td	Diphtheria, tetanus (lockjaw) and pertussis (whooping cough)
Hepatitis A	Hepatitis A
Hepatitis B	Hepatitis B
HPV, for females	Human papillomavirus, which can cause cervical cancer
Influenza (flu)	Seasonal flu virus
Meningococcal	Meningococcal (bacterial) meningitis
MMR	Measles, mumps and rubella (German measles)
Varicella	Varicella (chickenpox)

Stay Healthy at Every Age Immunize at Every Stage

The Department of Health does not provide immunizations for foreign travel. Contact a private health care provider or travel immunization clinic if you plan to travel to areas where yellow fever, cholera, typhoid, plague or other immunizations are needed.

Standard vaccines for children and some routine immunizations for adults are available at area health centers. There are walk-in clinics held year-round.

Immunizations are free; however, donations are appreciated. Do not forget to bring a copy of your immunization record.

To make an appointment or to find out the walk-in clinic schedule, call the health center closest to you, Monday – Friday, 8:00 a.m. – 4:30 p.m.

Glen Burnie Health Center

416 A Street, SW
Glen Burnie, MD 21061
410-222-6633

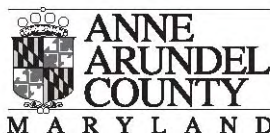
Parole Health Center

1950 Drew Street
Annapolis, MD 21401
410-222-7247

For more information, call the Department of Health Immunization Services Program at 410-222-4896, or contact your health care provider.



Immunize for Life
YOUNG ADULTS



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Immunize for Life

ADULTS

Adults (Ages 27 – 59)

Each year, new vaccinations are available to protect adults. That's why it is a good idea to ask your health care provider what vaccines are recommended for you based on your age, health and lifestyle. When you are immunized, you help protect entire families and communities, including infants and older adults who are most at risk.

Most healthy adults benefit from the following immunizations:

Vaccine	Protects Against
Hepatitis A	Hepatitis A
Hepatitis B	Hepatitis B
Influenza (flu)	Seasonal flu virus
MMR	Measles, mumps and rubella (German measles)
Tdap, Td	Diphtheria, tetanus (lockjaw) and pertussis (whooping cough)
Varicella	Varicella (chickenpox)

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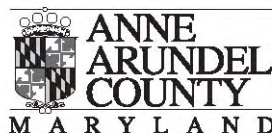
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ADULTS



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SENIOR ADULTS

Senior Adults (Ages 60+)

Seniors today are enjoying longer and healthier lives. Immunizations help protect against diseases that were once life threatening. Ask your health care provider which vaccines are best for you on a yearly basis.

The following immunizations are generally recommended for senior adults:

Vaccine	Protects Against
Influenza (flu)	Seasonal flu virus
Pneumococcal (for age 65 and over)	Certain strains of pneumococcal bacteria that cause pneumonia
Shingles	Shingles, a painful rash often accompanied by blisters
Tdap, Td	Diphtheria, tetanus (lockjaw) and pertussis (whooping cough)

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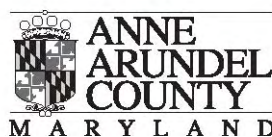
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SENIOR ADULTS



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Immunize for Life

MOTHERS-TO-BE

Mothers-to-Be

Vaccinations are important for women who want to have a baby or who are expecting. Immunizations can help protect you and your unborn child from diseases. They also help protect your whole family and others around you.

If you are planning to have a baby, talk to your health care provider about which vaccinations are recommended for you.

If you are expecting, your OB-GYN or health care provider can discuss the following vaccines which may be given during pregnancy:

Vaccine	Protects Against
Hepatitis B	Hepatitis B
Influenza (flu)	Seasonal flu virus

Other immunizations, including hepatitis A, pneumococcal and meningococcal vaccines, may be safe if you are pregnant. Your health care provider will determine if additional protection is needed based on your personal needs.

After you deliver your baby, ask your health provider about the Tdap vaccine, which may protect you and your baby against pertussis (whooping cough).

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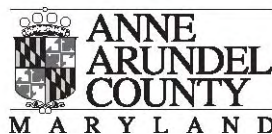
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