



**Public Health**  
Prevent. Promote. Protect.


**Middle-Brook Regional  
Health Commission**

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**For More Information:**

**Center for Disease Control (CDC)**

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

**Immunization Action Coalition (IAC)**

[www.immunize.org](http://www.immunize.org)

**New Jersey Department of Health  
Vaccine Preventable Disease Program**

[www.nj.gov/health/cd/vpdp.shtml](http://www.nj.gov/health/cd/vpdp.shtml)

**Visit [www.vaccines.gov](http://www.vaccines.gov) to find out  
where you can get vaccinated!**

**Middle-Brook Regional  
Health Commission**



**Public Health**  
Prevent. Promote. Protect.

**Adult  
Immunization**



**Main Office:**

111 Greenbrook Road  
Green Brook, NJ 08812  
[www.middlebrookhealth.org](http://www.middlebrookhealth.org)

**Proudly Serving:**

- Bridgewater
- Green Brook
- Warren
- Watchung

**Adult Immunization Schedule**

Vaccine ▼	Age ►	19-26 years	27-49 years	50-64 years	65+ years
COVID-19		1 or more doses of updated (2023–2024 Formula) vaccine			
Influenza (Flu)		Get a flu vaccine every year			
Tetanus, diphtheria, pertussis (Td/Tdap)		Get a Tdap vaccine once, then a Td booster vaccine every 10 years			
Varicella (Chickenpox)		2 doses			
HPV Vaccine for Women		3 doses	<b>(No Recommendation)</b>		
HPV Vaccine for Men (Gardasil)		3 doses	<b>(No Recommendation)</b>		
Zoster (Shingles)		<b>(No Recommendation)</b>		1 dose (60 –65+ years)	
Measles, mumps, rubella (MMR)		1 or 2 doses (Born after 1957)		<b>(No Recommendation)</b>	
Pneumococcal		(PCV13) 1 dose (PSSV23) 1 or 2 doses (+65 years) 1 dose			
Meningococcal		1 or more doses			
Hepatitis A		2 doses			
Hepatitis B		3 doses			
Haemophilus Influenzae Type B (Hib)		1 or 3 doses			
		Recommended for All Adults		Recommended for Adults with certain risks	

\*If you are traveling outside the U.S., you may need additional vaccines. Ask your healthcare professional which vaccines you may need.

Source: Recommendations of the Advisory Committee on Immunization Practice (ACIP)

## What is Immunization?

**Immunization** is a series of vaccines given to help your body develop **antibodies** to fight germs and help you stay healthy.

**Antibodies** stay in your body so that when the germ is introduced to your immune system, your body will already know how to fight it. This is called **immunity**.



Sometimes you need a few doses of the vaccine to keep your levels of **immunity** elevated. As you age or have certain illnesses, your **immune system** may be weakened.

**Vaccination** is key in becoming resistant to infection. You don't have to get sick to develop immunity, **get vaccinated!**

## Why is it important?

There are many diseases that are **vaccine preventable**. However, many adults become ill, develop a disability, or even die from these diseases.

**People of all ages** can benefit from vaccinations; from children to senior citizens. Being immunized does not only **protect you, but it protects those around you** that cannot get immunized themselves.

Such as:

- Children that are not yet of age to be vaccinated
- Those who are immunocompromised.



Many health plans cover recommended immunizations. If uninsured visit [HealthCare.gov](https://www.healthcare.gov) for further assistance.

## What vaccines do I need?

- 2023-2024 updated COVID-19
- Influenza (Flu)
- Tetanus, diphtheria, pertussis (Td/Tdap)
- Varicella (Chickenpox)
- HPV Vaccine for Women
- HPV Vaccine for Men
- Zoster (Shingles)
- Measles, mumps, rubella (MMR)
- Pneumococcal
- Meningococcal
- Hepatitis A
- Hepatitis B
- Haemophilus Influenzae type b (Hib)



\* You can compare your immunization records to the list (above) to determine if you have already been immunized.

\*If you are not sure if you have been immunized, you can request a Titer blood test, from your healthcare provider.

## Did you know...?

- In the United States alone, about 42,000 adults die from vaccine-preventable diseases each year.
  - *Healthy People 2020*
- Pneumonia and influenza are acute respiratory infections, which is the 9th leading cause of death in the U. S.
  - *Centers for Disease Control and Prevention*
- Approximately 79 million persons in the United States are infected with HPV, and approximately 14 million people in the United States will become newly infected with HPV each year.
  - *Centers for Disease Control and Prevention*
- There are more options for the flu vaccine now! There is a flu vaccine made without egg protein. Ask your doctor which option would be safest for you.
  - *Centers for Disease Control and Prevention*