

# Today's Vaccine Journey



Infants and young children receive vaccines according to the CDC's recommended schedule, contributing to community immunity and eradication of multiple diseases.

**GET BOOSTERS THROUGHOUT LIFETIME**  
as recommended by primary care provider



65+

**RECEIVE VACCINES**  
designed for the health of those 65+

## Schedule



### Recommended schedule of vaccines:

- Annual vaccinations for influenza
- Two doses of pneumococcal vaccine
- Two doses of shingles vaccine
- Tetanus booster every 10 years

Your immunization protects yourself and loved ones, especially infants, children and those who are immunocompromised.

**SHARE YOUR EXPERIENCE!**

Educate and encourage your family and friends to follow recommended immunization schedules and keep themselves and our communities healthy.

## PROTECT OKLAHOMA'S LEGACY

Vaccines aren't just necessary for childhood. Certain immunizations are recommended **throughout our lifetime** and some are specifically **made for older adults**.

- Vaccines are an important step in **protecting adults against serious and deadly diseases**.
- About **one million people** get **pneumococcal pneumonia every year**, leading to as many as 400,000 hospitalizations.<sup>1</sup>

## Did you know?

- Only **20.9% of Oklahoma adults 65+ years or older** had received their Tdap vaccination, which protects against tetanus, diphtheria, and pertussis (Whooping Cough) in 2016.<sup>2</sup>
- Only **28.4% of Oklahoma adults 60 years or older** had received shingles (herpes zoster) vaccination in 2014.<sup>3</sup>
- About **10% to 13% of people** who get shingles will experience a painful complication called post-herpetic neuralgia (PHN), which results in severe pain at the shingles rash site, even after the rash is gone. Affliction time varies from a few weeks to years and can impact daily life.<sup>4</sup>
- It's recommended that **93-95% of the population** be immunized to reduce the spread of vaccine-preventable disease and optimize community immunity.<sup>5</sup>

<sup>1</sup> <http://www.nfid.org/idinfo/pneumococcal/media-factsheet.html>

<sup>2</sup> <https://www.cdc.gov/vaccines/imz-managers/coverage/adultvaxview/data-reports/general-population/dashboard/2016.html>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5818280/>

<sup>4</sup> <https://www.cdc.gov/shingles/about/complications.html>

<sup>5</sup> <https://www.ovg.ox.ac.uk/news/herd-immunity-how-does-it-work>

# VACCINES THROUGHOUT RECENT HISTORY

## BEFORE VACCINES, CONTAGIOUS DISEASES LIKE MEASLES AND POLIO WERE WIDESPREAD

- In the middle of the 1900s, polio outbreaks were frequent and crippled more than **35,000 people in the U.S. each year**, causing intense fear among parents across the country.<sup>6</sup>
- Before the vaccine, it's estimated that **3 to 4 million** people got the measles each year.<sup>7</sup>

## A GENERATION GETS VACCINATED

## DISEASE IS ELIMINATED, SO A NEW GENERATION DOESN'T EXPERIENCE OUTBREAKS

- Thanks to the vaccine, a case of polio hasn't originated in the U.S. since 1979.<sup>8</sup>
- Since the vaccine program started in 1963, there has been a **99% reduction in measles** cases since the pre-vaccine era.<sup>9</sup>

## MISINFORMATION SPREADS FEAR OF VACCINES

## MORE CHILDREN AND ADULTS GO UNVACCINATED FOR NON-MEDICAL REASONS, COMPROMISING COMMUNITY IMMUNITY AGAINST PREVENTABLE DISEASES

- A threat of polio remains, as the virus can be carried in with international travelers.<sup>10</sup>
- In 2018 the U.S. had the greatest number of imported cases of measles from travelers since the disease was eliminated in the U.S. in 2000, leading to 17 outbreaks.<sup>11</sup>
- As of April 26, 2019, 704 individual cases of measles have been confirmed so far in 2019.<sup>12</sup>

## HERE'S WHAT YOU CAN DO:

- **SHARE** your story about why you support immunization
- **EDUCATE** your community on the importance of vaccinations and receiving them on time
- **SUPPORT** local public health measures to lower the exemption rates across the state
- **JOIN** the Oklahoma Alliance for Healthy Families and partner with other local experts, professionals and thought leaders in your area

The Oklahoma Alliance for Healthy Families is a statewide coalition of public health experts and parents with the goal of improving the health of our schools, communities and families through education and advocacy.

OKHealthyFamily.org



@OKHealthyFam

<sup>6</sup> <https://www.cdc.gov/features/poliofacts/>

<sup>7</sup> <https://www.cdc.gov/measles/vaccination.html>

<sup>8</sup> <https://www.cdc.gov/polio/us/index.html>

<sup>9</sup> <https://www.cdc.gov/measles/vaccination.html>

<sup>10</sup> <https://www.cdc.gov/polio/us/index.html>

<sup>11</sup> <https://www.cdc.gov/measles/cases-outbreaks.html>

<sup>12</sup> <https://www.cdc.gov/measles/cases-outbreaks.html>

