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#Put *Family* First



FOR VACCINES, FOR VICTORY

Get yourself and your family protected from different kinds of seasonal and nonseasonal infections.



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Importance of vaccination in adults

Why are vaccines important?

Vaccines help in preventing severe forms of diseases. Vaccines are integral for disease prevention and are the most beneficial, cost-effective, and safe method that provides immunity from diseases and infections.

But aren't vaccines given to children?

It has been observed that specific populations of adults benefit immensely from vaccinations. The vaccinations that adults require depend on various factors, such as their age, lifestyle, fitness, and the vaccinations they have received in their lifetime.

Why would adults need vaccines?

Some vaccines are recommended for adults at an increased risk of contracting specific diseases, such as Shingles. Vaccination is also recommended for adults as protection from the vaccines received during childhood wears off over time. With the advancement in science, many new vaccines are now available to provide better immunisation.

Some viruses such as influenza can also evolve, making the previous prevention doses ineffective. Also, some people are more vulnerable to infections because of their lifestyles related to travel plans, jobs, or health conditions. Hence vaccinations are the best way to improve immunity in adulthood.

Do healthy adults need vaccinations?

According to global organisations and doctors, even healthy adults can opt for vaccination for diseases such as Diphtheria, Influenza, Tetanus, etc. These vaccines can strengthen their immunity and ensure they continue leading healthy lives.

Vaccines usually recommended to healthy adults are:



DPT
(Diphtheria, Pertussis, Tetanus)



MMR
(Measles, Mumps, Rubella)



Influenza
(>50 years)



Pneumococcal
(>65 years)



Human papillomavirus



Zoster
(>60 years)

Can adults suffering from diseases be vaccinated?

Yes, even adults suffering from diseases can opt for vaccinations to prevent other preventable diseases. Certain vaccinations are recommended for such people, including prevention against ailments such as Typhoid and Rabies.

Vaccines recommended to high-risk individuals are:



Hepatitis B



Hepatitis A



Meningococcal



Varicella



HiB

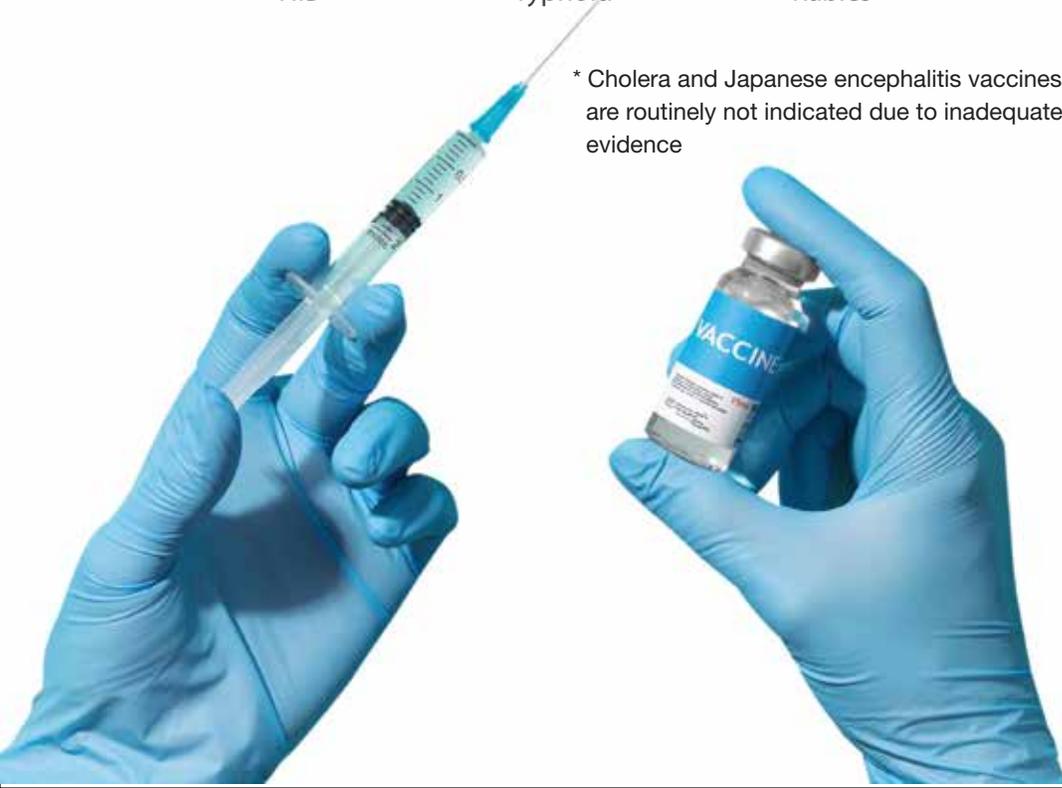


Typhoid



Rabies

* Cholera and Japanese encephalitis vaccines are routinely not indicated due to inadequate evidence



Which vaccines should adults opt for?

Some of the most important vaccinations for adults are-



Seasonal influenza:

Doctors recommend yearly flu vaccination for anyone above 6 months to lower flu risks and potentially severe complications.



Pertussis or whooping cough:

The Tdap (tetanus, diphtheria, and pertussis) vaccination is recommended by doctors for pregnant women and people who have never received it.



Tetanus and diphtheria:

Doctors recommend adults take the Td vaccine every 10 years.



Shingles:

For adults 50 years and older, the herpes zoster vaccination is recommended.



Pneumococcal illness:

Adults who are 65 years and older are advised to take two pneumococcal immunisations. Doctors can also recommend one or both vaccines to adults younger than 65 with specific health conditions or who smoke cigarettes.



What are some other instances when vaccination is a must for adults?

People travelling to some places need specific vaccinations to stay safe from infections. People travelling to Africa need Yellow fever vaccination, and those going on the Haj pilgrimage will need Meningococcal Vaccine.

People living in endemic regions with dog bites are more prone to contracting infections and will benefit immensely from pre-exposure prophylaxis.

How safe are vaccines?

The vaccines are primarily safe and have side effects that are mild and go away in a few days.

The most common side effects include soreness, redness or swelling where the shot was given, severe side effects are very rare.



Can vaccines prevent illnesses other than infections?

Yes, it can help prevent specific ailments related to malignancies. Vaccines provide a crucial corridor for avoiding a majority of harmful diseases. For example



The human papillomavirus vaccine provides immunisation from Cervical Cancer.



The Hepatitis B vaccine protects from the virus causing Liver Cirrhosis and liver failure.



The Shingles vaccine provides protection from Post Herpetic Neuralgia, a very painful condition.