

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.¹

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 2016.²
- Only **28.4% of Oklahoma adults 60 years or older** had received shingles (herpes zoster) vaccination in 2014.³
- 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.⁴
- It's recommended that **93-95% of the population** be immunized to reduce the spread of vaccine-preventable disease and optimize community immunity.⁵

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

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

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

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

⁵ <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.⁶
- Before the vaccine, it's estimated that **3 to 4 million** people got the measles each year.⁷

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 1979.⁸
- Since the vaccine program started in 1963, there has been a **99% reduction in measles** cases since the pre-vaccine era.⁹

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.¹⁰
- 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.¹¹
- As of April 26, 2019, 704 individual cases of measles have been confirmed so far in 2019.¹²

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

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

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

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

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

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

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

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

