

Importance of Adult Vaccination

Adults too need Vaccination: Prevent Seniors diseases

Most of us believe that vaccines are only for newborns and infants but actually, they are required throughout your life at different stages to maintain your immunity towards deadly diseases. Vaccines are a cost-effective way of keeping healthy as you age and become more vulnerable.

Why do Adults need Vaccinations :

- **Immunity Changes:** Over time, the immunity you gained from earlier vaccination decreases. This makes you vulnerable to certain diseases that can be more severe in older adults.
- **New Risks:** As you age, your risk of certain infections and diseases changes. Some diseases that you might not have worried about earlier could become more dangerous now.
- **Boosting Protection:** Some vaccines require booster shots to ensure your immunity remains strong.
- **Preventing Complications:** Diseases, like flu and pneumonia, can cause serious complications in older adults. Vaccines can help reduce the risk of these complications.
- **Newer Vaccines** are being developed that were not around when you were younger. These vaccines protect against diseases that were not preventable before.

Vaccines for adults are recommended based on their age, medical condition, lifestyle, and prior vaccinations.

[Here is a list of vaccines suitable for Adults \(19-65 years of age and above\).](#)

Do consult your physician and go by their advice. On what vaccines are most appropriate for you:

To know more:

- [Why do Adults need Vaccination](#)
- [What are the pros and cons of adult vaccination?](#)
- [Importance of Vaccines for Infants and Children](#)

Your Health, Your Responsibility