

TRANSCRIPT OF MEDIA- Adult vaccines you might be forgetting And when you need them

Talha Khan, MD, a family medicine physician for OSF HealthCare

Dr. Khan says one way to simplify them is to think about vaccines in two groups.

"The first part is vaccines that are due for all age groups. So, things like the flu shot, the tetanus vaccine or the COVID-19 booster. The second part involves vaccines that are triggered by certain age requirements. So, things like the shingles vaccine, which is after age 50, or the pneumonia or pneumococcal vaccine, which is typically after age 65." (:26)

A patient's age, health conditions, pregnancy status, occupation and vaccination history can determine which vaccines are appropriate.

"Depending on if you have a weakened immune system or if you have a bunch of chronic conditions, such as asthma, COPD or diabetes, you may be eligible to get certain vaccines earlier." (:13)

When documentation is unavailable and no reliable test can establish immunity, clinicians may recommend catch-up vaccination rather than leaving someone unprotected.

"Most vaccines don't have an age cutoff," Dr. Khan points out. "If you ever didn't finish a vaccine series or missed a dose here and there, then we can always do some catch-up vaccines to make sure that person is immune." (:17)

Dr. Khan emphasizes that a flu shot does not guarantee that someone will never become infected.

"And some people will also mention 'I got the flu vaccine but then I got the flu later on.'" Dr. Khan says, "It's still possible to catch the flu because there are different strains of the flu. But typically, the extra layer of protection the vaccine offers will ensure you have a milder case of the flu." (:18)

Dr. Khan highly encourages adults who are unsure of their vaccination status to check and get vaccinated.

"It's definitely something that is preventable. It's definitely something that can have long-term complications and even lead to death. If we can prevent it, then why not?" Dr. Khan stresses, "It's only a two-dose series. If you missed it when you were younger, there's no age cutoff. You can get it as an adult with the catch-up vaccines." (:20)