

# Adults — Tdap, Hep A, HPV, Shingles



## Tdap

What is Tdap?

**Tetanus** (lockjaw) is caused by bacteria that affects your body muscles and nerves. Symptoms include stiffness in neck and abdominal muscles, difficulty swallowing and extreme fatigue.

**Diphtheria** (respiratory disease) caused by bacteria and caused breathing tube to be blocked. Symptoms include sore throat, mild fever, weakness, and swollen glands in neck.

**Pertussis** (whooping cough) cough illness lasting for weeks or months. Symptoms include severe cough, runny nose, and apnea.

**Adults** who have never received Tdap should get a dose of Tdap.

Also, **adults should receive a booster dose of either Tdap or Td** (a different vaccine that protects against tetanus and diphtheria but not pertussis) **every 10 years**, or after 5 years in the case of a severe or dirty wound or burn.

Tdap may be given at the same time as other vaccines.

## Hep A

**Hepatitis A** is a serious liver disease. Spread through close, personal contact with an infected person or when a person unknowingly ingests the virus from contaminated objects, food, or drinks. Symptoms including fatigue, low appetite, stomach pain, nausea, and jaundice (yellow skin or eyes, dark urine, light-colored bowel movements).

Adults should get vaccinated if they haven't already been.

Hep A vaccine protects against Hepatitis A. It can be given at same time with other vaccines.

## HPV

**Human Papillomavirus Infection (HPV)** is a group of viruses commonly affecting preteens and teens but also adults. There may be no symptoms but can include genital warts. The virus can be spread through any type of sexual contact.

The HPV vaccine protects against six cancers (Cervical, vaginal, vulvar, penile, anal, oropharyngeal cancers). Everyone from 26–45 can get vaccinated if they already haven't.

# Shingles

**Shingles** is a viral infection that caused by varicella zoster virus (VZV), the same virus that causes chickenpox. Symptoms include rash, tiredness, headache, fever. If continued to be untreated or severe complications lead to infected blisters and even loss of vision.

After a person recovers from chickenpox, the virus stays dormant (inactive) in their body. The virus can reactivate later, which causes shingles.

The vaccine to protect from Shingles is Shingrix for adults 50 years and older.

**There are a few options to pay for the shingles vaccine:**

## *Medicare*

1. People with Medicare Part D coverage will pay nothing out-of-pocket for the Shingrix vaccine.

## *Medicaid*

2. Medicaid may or may not cover the vaccine. Contact your insurer to find out.

## *Private Health Insurance*

3. Many private health insurance plans will cover the vaccine, but there may be a cost to you depending on your plan. Contact your insurer to find out.

## *Vaccine assistance programs*

4. Some pharmaceutical companies provide vaccines to eligible adults who cannot afford them. You may want to check with the vaccine manufacturer, GlaxoSmithKline, about Shingrix.



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