

How can I track my vaccination record?

The New Jersey Immunization Information System (NJIS) can keep track of your record. Ask your provider if your vaccines have been recorded in NJIS to help determine which vaccines you need and when you need them. To learn more about NJIS, visit njiis.nj.gov.

The Docket app is another great tool that connects directly with NJIS to provide up-to-date immunization records. You can use the Docket app to provide proof of vaccination as needed. Visit myhealthnj.com/.

Worried about the cost of vaccines?

Most health care plans cover recommended vaccines. Check with your insurance plan or health care provider. If you are not insured, speak with your Local Health Department to identify locations that may offer vaccines for little to no cost.

Where can I get more information?

- Your Health Care Provider
- Local Health Department
nj.gov/health/lh/community
- New Jersey Department of Health - Vaccines
nj.gov/health/vaccines/
- Immunization Action Coalition immunize.org/
- American Academy of Family Physicians - Adult Immunization Schedule
bit.ly/4tZaMYK



Adult Immunization

Vaccinations are needed across the lifespan. Protect yourself and your loved ones.

Are you up-to-date?



Why do adults need immunizations?

- > **You may be at risk for serious diseases.** Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines.
- > **You can't afford to risk getting sick.** Getting sick can cause you to miss work, school, and time with family and friends.
- > **You can protect yourself and your loved ones.** There are many things you want to pass on to your loved ones, but a vaccine-preventable disease is not one of them.
- > **You can travel easily without worrying about getting sick.** It can ruin plans and be costly if you get sick during travel.
- > **You can protect your baby.** Flu, Tdap, COVID-19, and RSV vaccinations given during pregnancy help prevent serious illness in infants, while also protecting the mother.



Recommended Vaccines for Adults

Flu - one dose every year, high-dose recommended for adults 65 and older

COVID-19 - at least one dose per year

Tetanus, diphtheria, pertussis (Tdap/Td) - one dose and then a booster every 10 years

Polio (IPV) - 3 doses

Human Papillomavirus (HPV) - 2 or 3 doses, depending on age when you started the vaccine.

Varicella (VAR) - 1 or 2 doses

Hepatitis B - 2 to 4 doses

Measles, Mumps, Rubella (MMR) - 1 or 2 doses

FOR OLDER ADULTS

Zoster/Shingles (RZV) - 2 doses

Pneumococcal (PCV15, PCV20, PPSV23) - 1 or more doses

Respiratory Syncytial Virus (RSV) - 1 dose

This lists recommended vaccines for adults based on age and for those who do not have proof of vaccination. Other vaccines may be given depending on a person's health risks/conditions, occupation, travel, or lifestyle. Always consult your doctor or pharmacist to confirm your specific needs.



Are vaccines safe?

Vaccines are tested for safety before they are licensed and continue to be monitored for side effects through the Vaccine Adverse Event Reporting System (VAERS).

After vaccination, some people may have mild side effects such as a slight fever or soreness at the injection site. Severe reactions are rare.

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