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Vaccination.

Why it is Important?

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Importance of Vaccinations

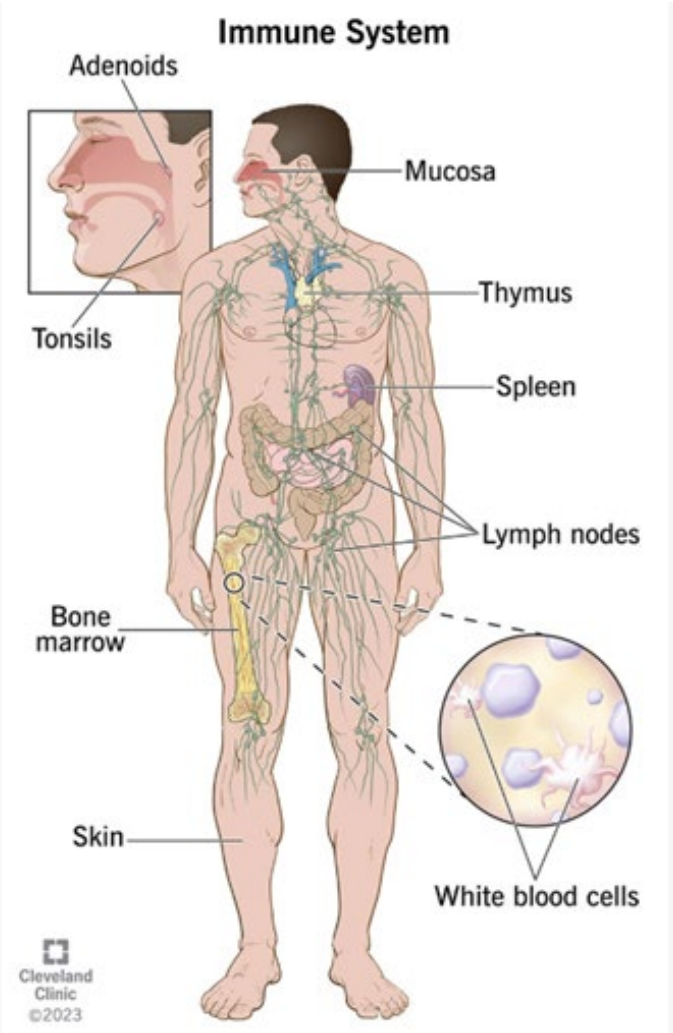
Vaccinations are important for all of us because they:

- Prevent serious diseases from occurring.
- Provide protection for each of us.
- Promote our community's protection against infections and diseases.
- Vaccine-preventable diseases can be expensive. For example, the average flu can:
  - Last 2 weeks.
  - Cause you to miss 5-6 days of work/school.
  - Can cost society $10 billion per year. (NFIF, 2024)

The Body's Protector

What does our body's immune system do?

- Your immune system is your body's first line of defense against organisms/viruses that can make you sick.
- Your immune system is made up of a network of cells, tissues, and organs. They work together to protect you from germs or invaders (viruses, disease).
- Your immune system can recognize and destroy bacteria and viruses to protect you from getting sick.
- Your immune system also helps heal your body. (Cleveland Clinic 2025)

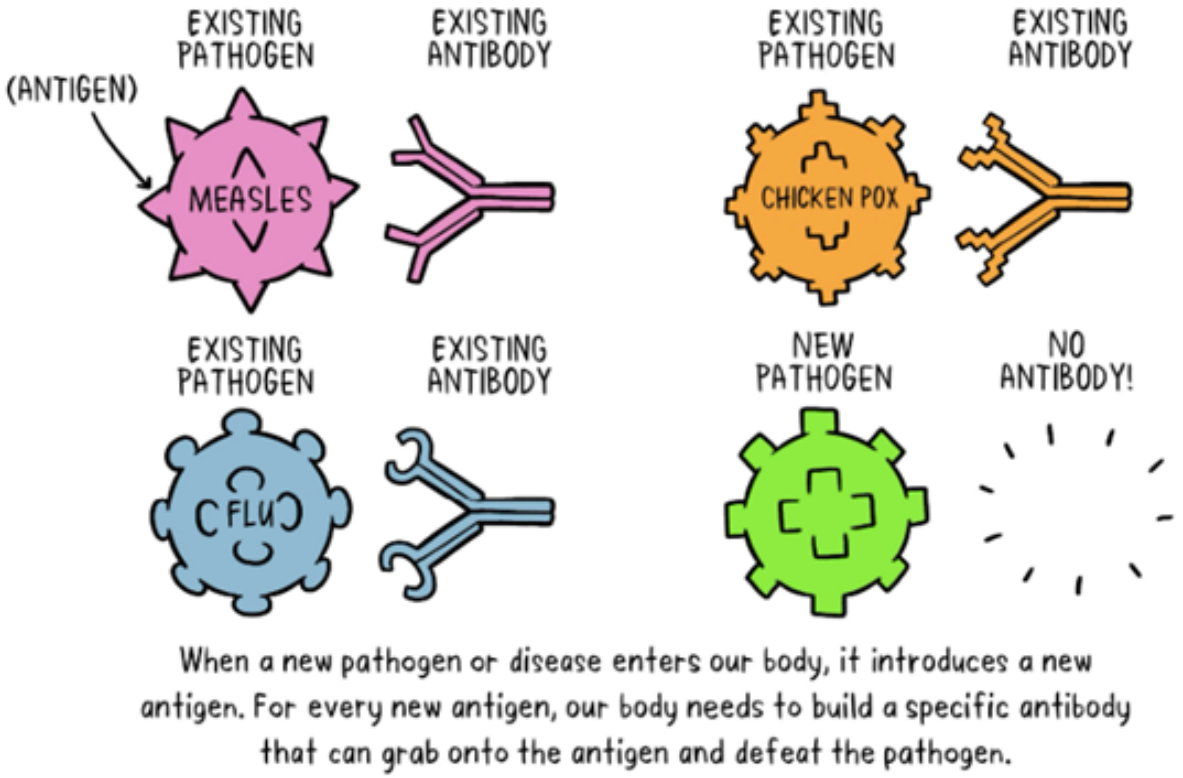


(Cleveland Clinic 2023)

The Body's Protector

Vaccinations work by helping your body's immune system fight infections and other harmful diseases.

- Vaccines work by introducing a weakened/inactive form of a virus or bacteria into your body causing:
  - Your immune system to recognize the virus or bacteria.
  - Your immune system to produce antibodies specific to the virus or bacteria to fight it.
  - Your immune system will then use its *'memory cells'* to remember the virus or bacteria. They will respond if it comes across it at another time. (WHO, CDC 2024)



(WHO, CDC 2025)

Facts About Vaccination Safety

Thanks to the development of safe and effective vaccines, many diseases are no longer common in the United States, including:

- Polio
- Tetanus
- Hepatitis A & B
- Diphtheria
- Rubella
- Mumps
- Measles
- Whooping Cough (Pertussis)
- Chicken Pox (Varicella-Zoster)
- Pneumonia (Pneumococcal Disease) (HealthyChildren, 2021)

Facts About Vaccination Safety

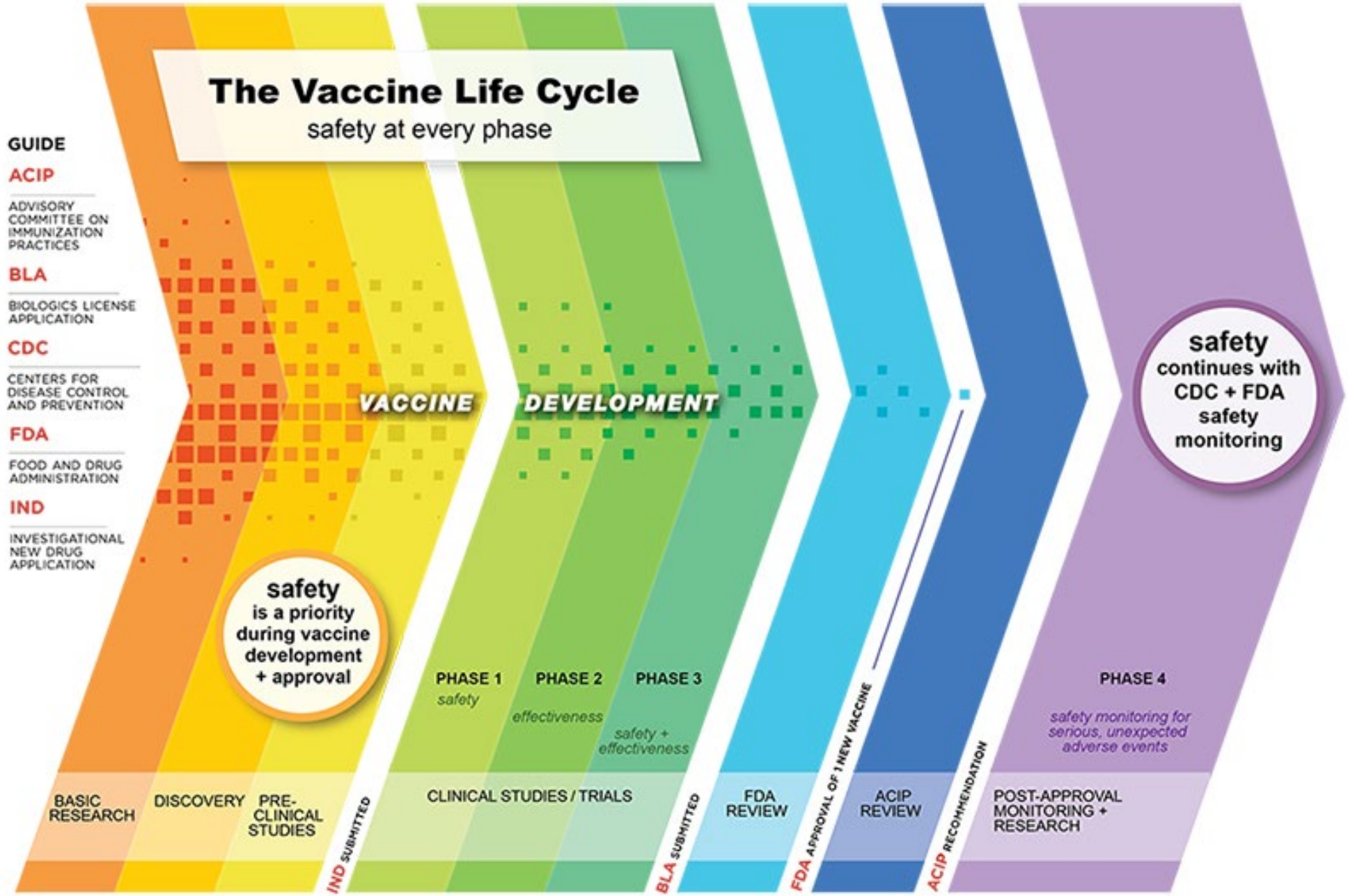
Vaccine development is taken seriously. It is regulated by the U.S. Food and Drug Administration (FDA) through the Center for Biologic Evaluation and Research (CBER).

- Before a vaccine or medication is approved for public use, under the guidance of the CBER, it must pass through several stages. These are known as the ‘vaccine life cycle’, which include:
  - **Discovery and Research** – Identify potential targets for the vaccine/medication. Learn how it works and developing new technology.
  - **Preclinical Research** - Vaccine/medication testing is done to evaluate safety and effectiveness.
  - **Clinical Trials** - Occur in three phases and is where vaccines/medications are tested in humans to determine their safety, effectiveness, and correct dose.
  - **Regulatory Approval** - If the clinical trials are successful, then the vaccine is reviewed and approved by regulatory agencies, like the FDA.

Facts About Vaccination Safety

The several stages of the ‘vaccine life cycle’ continued:

- **Manufacturing and Supply** - Vaccine production is increased and distributed for use for certain diseases/viruses.
- **Post-Market Surveillance** - Ongoing monitoring of the effectiveness and safety in the real world.
- **Vaccination and Immunization** - Programs are developed for disturbing the vaccine.
- **Eradication or Control** – Vaccinations can lead to removing or controlling the spread of diseases/viruses. (CDC, 2024)

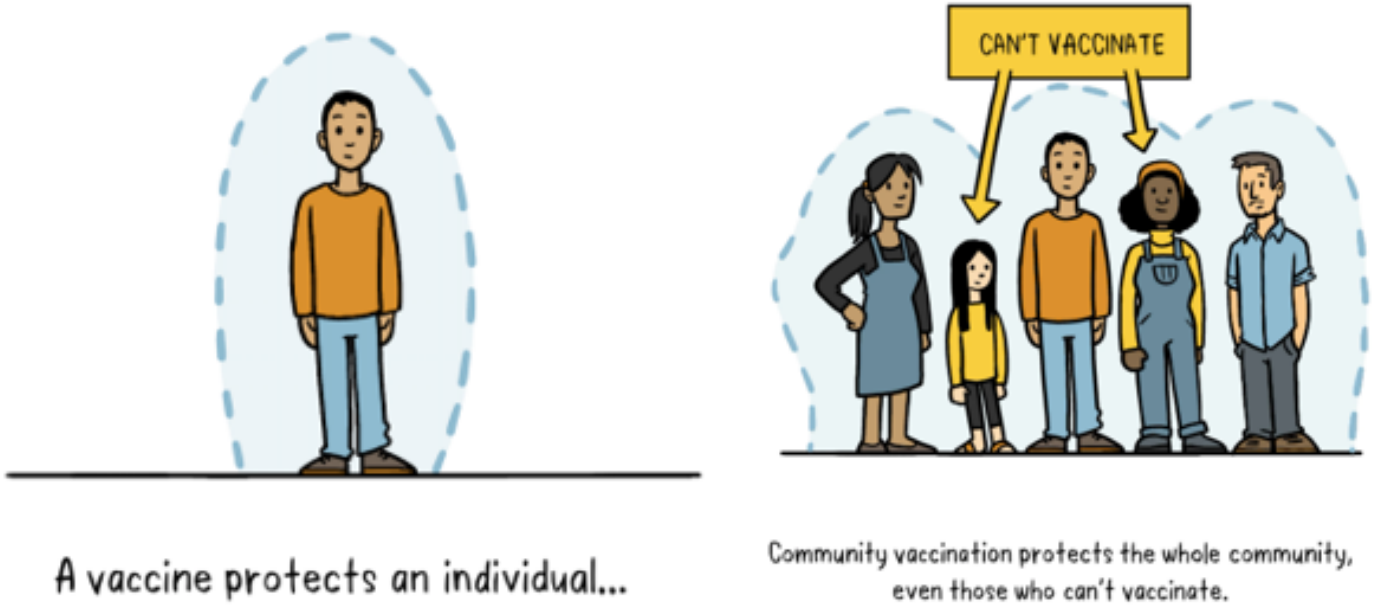

The Vaccine Life Cycle
safety at every phase
GUIDE
ACIP
ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES
BLA
BIOLOGICS LICENSE APPLICATION
CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION
FDA
FOOD AND DRUG ADMINISTRATION
IND
INVESTIGATIONAL NEW DRUG APPLICATION
VACCINE DEVELOPMENT
safety is a priority during vaccine development + approval
PHASE 1
safety
PHASE 2
effectiveness
PHASE 3
safety + effectiveness
PHASE 4
safety monitoring for serious, unexpected adverse events
safety continues with CDC + FDA safety monitoring
BASIC RESEARCH
DISCOVERY
PRE-CLINICAL STUDIES
IND SUBMITTED
CLINICAL STUDIES / TRIALS
BLA SUBMITTED
FDA REVIEW
FDA APPROVAL OF 1 NEW VACCINE
ACIP REVIEW
ACIP RECOMMENDATION
POST-APPROVAL MONITORING + RESEARCH

(CDC 2024)

Why Get Vaccinated

Why is it important?

- When you are vaccinated, you are provided protection against a targeted disease like the flu or shingles.
- If a lot of people in a community are vaccinated (**Herd Immunity**), it makes it harder for a virus or disease to circulate.
- Vaccinating will not only protect you, but also those in the community who may not be able to be vaccinated. (WHO, 2025)



(WHO, 2025)

Why Get Vaccinated

Ten Reasons to Get Vaccinated:

1. Vaccine-preventable diseases have not gone away.
2. Vaccines help keep you healthy.
3. Vaccines are as important to your overall health as diet and exercise.
4. Vaccination can mean the difference between life and death.
5. Vaccines are safe.
6. Vaccines cannot cause the diseases they are designed to prevent.
7. Young and healthy people can get very sick too.
8. Vaccine-preventable diseases are expensive.
9. When you get sick, your children, grandchildren, and parents may also be at risk.
10. Your family and co-workers need you. (NFID, 2024)

Vaccinations Recommended for Adults

The best way to protect yourself against illness is getting vaccinated.

Some important vaccines for all adults include:

- **Flu** can cause mild to severe illness and at times even death.
  - Symptoms may include fever, chills, cough, sore throat, runny/stuffy nose, muscle/body aches, headaches, tiredness, vomiting, and diarrhea.
  - Flu vaccines are available each year. (CDC, 2024)
- **Shingles** is related to Chickenpox. Both are caused by the same virus, Varicella-Zoster.
  - Shingles can cause a painful, itchy rash and blisters on one side of the face or body.
  - A shingles vaccine is recommended if you are 50 years old or older. It can prevent and protect against long-term nerve pain (postherpetic neuralgia (PHN)). (CDC, 2024)

Vaccinations Recommended for Adults

- **Td/T-dap** vaccines protect against:
  - ***Tetanus*** (Lockjaw) is cause by bacteria. It causes a person's neck/jaw muscle to lock, making it hard to open your mouth and swallow.
  - ***Whooping cough*** is highly contagious and causes uncontrollable, violent coughing. This makes it hard to breath, eat, or drink.
  - ***Diphtheria*** is a serious infection, which can cause breathing difficulty, heart rhythm problems and even death.
    - The Td/T-dap vaccine is recommended with every pregnancy and every 10 years for adults. (NCO, 2025)

Vaccinations Recommended for Adults

- **Pneumococcal** vaccines protect against bacteria (Streptococcus Pneumoniae) that can cause pneumonia, meningitis, and sepsis.
  - The Pneumococcal vaccine is recommended for adults aged 50 or older, and if you have weakened immune systems or certain medical conditions. (CDC, 2024)

- **Hepatitis B** vaccines protect against a Hepatitis B infection, a viral infection that can cause severe liver damage and other health complications.
  - The Hepatitis B vaccines is recommended for adults aged 19 or older. (CDC, 2024)

Vaccinations Recommended for Adults

Everyone should get vaccinated to protect themselves, their families, and their community.

- The following table from the CDC outlines the suggested vaccinations for adults ages 19 years old and older.
- For a downloadable version of the 2025 Recommended Immunizations for Adults Aged 19 Years or Older chart, visit: https://www.cdc.gov/vaccines/imz-schedules/downloads/adults-schedule-easy-read.pdf

You need vaccines throughout your life!

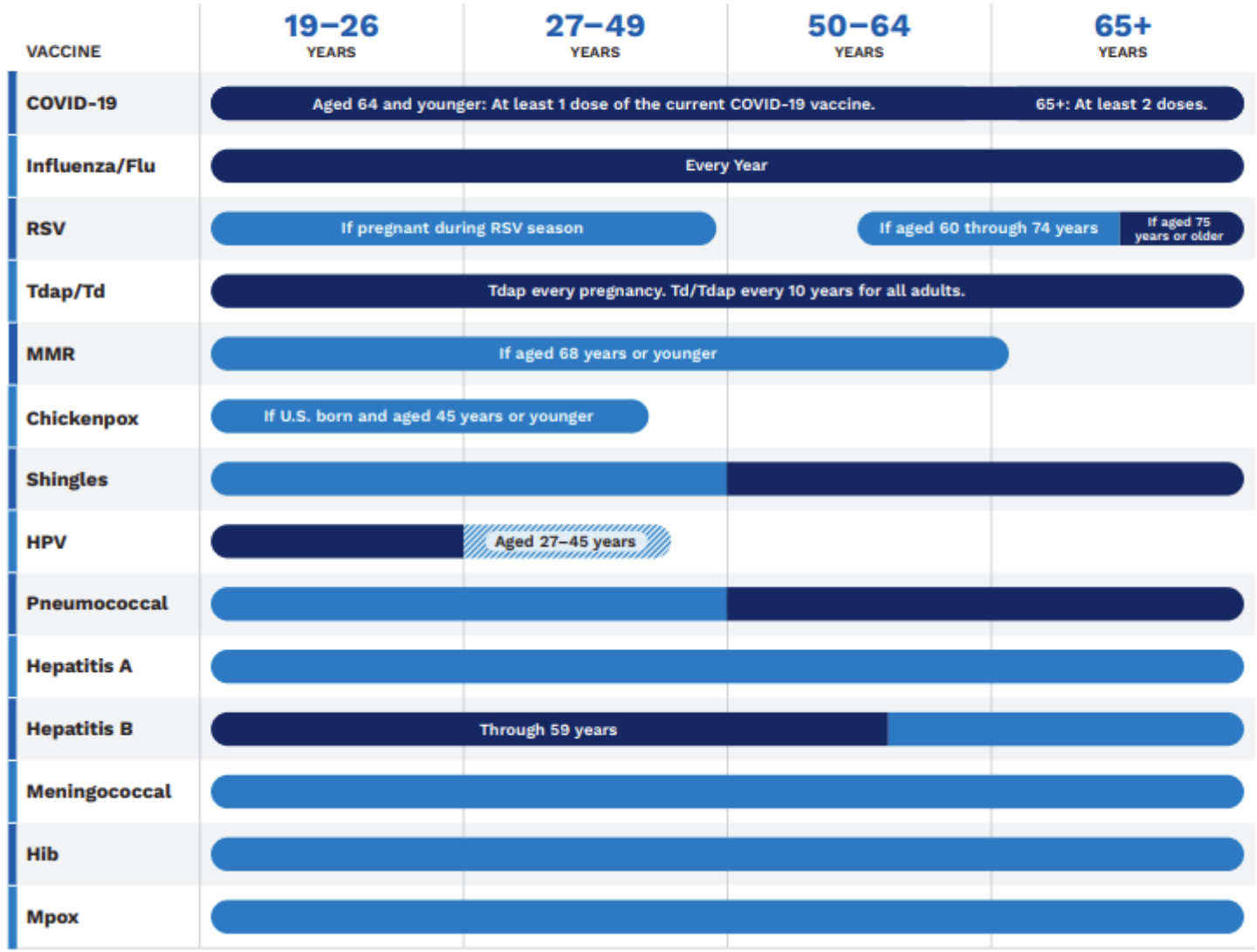
2025 Recommended Immunizations for Adults Aged 19 Years and Older

Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

KEY

- ALL adults in age group should get the vaccine.
- SOME adults in age group should get the vaccine.
- Adults should talk to their health care provider to decide if this vaccine is right for them.



Community Resources

To find additional information and materials on vaccines:

Centers for Disease Control and Prevention (CDC)

- To learn more information about vaccines, call 800-232-4636.

Healthfinder.gov

- Supported by the US Department of Health and Human Services, this website provides information on various health topic, including immunizations.
- Website: https://odphp.health.gov/myhealthfinder/doctor-visits/vaccines-shots

Institute for Vaccine Safety

- This website is based at John Hopkins Hospital and provides up-to-date information on vaccine safety.
- Website: https://www.vaccinesafety.edu/

PHW Resources

To learn more about My Health Pays® Rewards program or make a referral to disease case management:

- **Visit**: PAHealthWellness.com
- **Call Participant Services**: 1-844-626-6813 (TTY:711)
- **Email:** phwcasemanagement@pahealthwellness.com
- **QR Code:**

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