

TO: EZIZ
FROM: CDPH
SUBJECT: Strong, healthy dads need immunizations too
DATE: 6/14/19

Strong, healthy dads need immunizations too

Fathers often teach their kids valuable life skills like staying disciplined and focused, the importance of hard work, and that practice makes perfect. Fathers also help make sure their children get immunized on time to stay healthy. This Sunday is Father's Day—a good reminder that even strong, healthy dads need immunizations, too.

Join the Centers for Disease Control and Prevention and CDPH in strongly recommending:

- Tdap vaccine for adults who have not received it yet, then Td every 10 years after
- The herpes zoster vaccine to prevent shingles for adults 50 years and older
- Two pneumococcal vaccines for those 65 years and older; 1 or both vaccines for adults younger than 65 who have specific health conditions or are cigarette smokers.
- Human papillomavirus vaccine to prevent HPV-related cancers (for those up to age 26)
- Measles (all adults should have at least 1 dose)
- Chickenpox (2 doses for those who have never had chickenpox or received the vaccine)

Adults with other certain risk factors may also need:

- Meningococcal vaccines to protect against meningococcal disease
- Hepatitis A
- Hepatitis B

Remind patients that getting vaccinated as an adult, not only protects them but also their children. To help raise vaccine awareness this Father's Day:

- Distribute this [fact sheet](#) on the importance of adult immunizations to all of your adult patients
- Hand out this [flyer on shingles vaccinations for 50+](#) (also available in [Spanish](#)), another on [pneumococcal vaccines for older adults](#) (also

- in [Spanish](#) and [Chinese](#)) and this one on [pneumococcal vaccines for at-risk adults](#) (also available in [Spanish](#))
- Review timing guides on [Hep B](#) and [Pneumococcal](#) vaccinations

For additional details on adult immunization recommendations, please refer to CDC's adult immunization schedule: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>.

Happy Father's Day to all of the dads!