

# HEALTHCARE PERSONNEL: ARE YOUR VACCINATIONS UP-TO-DATE?

## INFLUENZA

You need a flu vaccination every year. Healthcare personnel can spread influenza to their patients, their coworkers, and their family. Vaccination of healthcare personnel has been shown to reduce the risk of illness and death among long-term care residents. You cannot get the flu from the vaccine.

## HEPATITIS B

Hepatitis B virus (HBV) is spread through punctures through the skin or mucosal contact with infectious blood or body fluids (e.g., semen, saliva), including contact with open sores of an infected person, and needle sticks. HBV can survive outside the body at least 7 days and can still cause infection. Between 2-6% of adults with HBV infection will develop a chronic infection, which can lead to liver damage (cirrhosis) and liver cancer. Hepatitis B vaccination can prevent over 90% of hepatitis B infections.

## MEASLES/MUMPS/RUBELLA (MMR)

If you are not already immune to measles, mumps, or rubella, you should be vaccinated. Even mild or undetectable rubella disease during pregnancy can cause fetal anomalies. Measles can cause encephalitis, and mumps can cause swelling of the salivary glands and the testicles. MMR vaccination is > 90% effective against measles and rubella and 80% or more effective against mumps after two doses.

## TETANUS/DIPHTHERIA/PERTUSSIS

You need one dose of Tdap vaccine (tetanus, diphtheria, and pertussis) and a booster of Td vaccine every 10 years after your Tdap vaccine. You may need a Tdap dose now if you have direct patient contact or are injured.

## VARICELLA (CHICKENPOX)

Varicella can be transmitted in hospitals by patients, staff, and visitors. If you are not already immune based on a prior infection or prior vaccination, you should be vaccinated.



PROTECT YOUR PATIENTS.



PROTECT YOUR FAMILY.



PROTECT YOURSELF.

Last updated June, 2016

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

Call CDC-INFO, in English or Spanish: 1-800-CDC-INFO or 1-800-232-4636



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**DON'T WAIT.  
VACCINATE!**