

A Vaccine for the Ages

Vaccines are needed at every age, especially when different diseases affect us more as we get older. Learn what those diseases are and how vaccines defend us from them by taking this quiz!

What is the name of the shingles vaccine?

- a) Zostavax
- b) **Shingrix**
 - i. This routine vaccination is recommended for adults aged 50 and older. It consists of a 2-dose series of RZV (Shingrix) given 2-6 months apart (minimum interval: 4 weeks; repeat dose if administered too soon).
- c) Varivax
- d) Boostrix

Who should get the shingles vaccine?

- a) People over 65 years of age
- b) People between 55 and 65 years of age
- c) **People over 50 years of age**
 - i. Shingrix is recommended by the Centers for Disease Control and Prevention (CDC) for adults age 50 and older to help prevent shingles and related complications, whether they've already had shingles or not.
- d) People under 45 years of age

When do you need a Tdap booster shot?

- a) **Every 10 years**
 - i. Adults who have never received a Tdap vaccination should get the shot. This can be given at any time, regardless of when they last got Td. This should be followed by either a Td or Tdap shot every 10 years.
- b) Every 15 years
- c) Every 5 years
- d) You do not need a Tdap booster

When do you need to get the pneumococcal vaccine as an adult?

- a) You don't need the pneumococcal vaccine as an adult
- b) **If you are over the age of 65**
 - i. The CDC recommends pneumococcal vaccination for all children younger than 2 years old and all adults 65 years or older. Studies show that getting at least one shot of PCV13 (a type of pneumococcal vaccine) protects 3 in 4 adults 65 years or older against invasive pneumococcal disease.

- c) Only if you are high risk and over the age of 65
- d) Every 10 years

How many people in the US will get shingles at least once in their life?

- a) 8 out of every 10 people
- b) 2 out of every 4 people
- c) 3 out of every 8 people
- d) 1 out of every 3 people
 - i. An estimated 1 million people get shingles each year in this country. Individuals who have had chickenpox can also get shingles. Older people are more susceptible to shingles and its complications, so the CDC recommends two doses of recombinant zoster vaccine (RZV, Shingrix) to prevent shingles and related complications in adults 50 years and older.

In adults 50 to 69 years old with healthy immune systems, Shingrix is:

- a) 53% effective
- b) 67% effective
- c) 97% effective
 - i. After receiving the vaccine, immunity stays strong for at least the first 7 years after vaccination. In adults with weakened immune systems, studies show that Shingrix is 68%-91% effective in preventing shingles, depending on the condition that affects the immune system.
- d) 39% effective

What is the death rate among elderly adults with severe pneumonia?

- a) As high as 20%
 - i. Pneumonia in elderly adults can often be serious and progress quickly. In fact, pneumonia is the second leading cause for hospitalization of Medicare beneficiaries, and most of the people who die from pneumonia each year are elderly adults, according to the American Lung Association (ALA).
- b) As low as 2%
- c) Over 30%
- d) Between 2% and 5%

Which fact about risks related to shingles is true?

- a) The risk of a stroke is more than doubled in the week following an outbreak of shingles.
- b) Seniors who develop shingles are at a higher risk of a heart attack.
- c) Outbreaks that begin near the eyes or face can result in hearing or vision problems.
- d) All of the above

- i. Research has now shown that seniors who develop shingles face an increased risk of having a heart attack or stroke. Findings from a recent study indicate that the risk of stroke is more than doubled in the week following an outbreak of shingles. Heart attack risk also increases, although not as much as the risk of stroke. In some cases, outbreaks that begin near the eyes or face can result in hearing or vision problems. If the cornea of the eye is affected, shingles can even lead to permanent blindness.
- e) None of the above

Which of the following diseases will not be found on the recommended vaccination schedule for adults over 50 years of age?

- a) Human papillomavirus (HPV)
 - i. The CDC recommends the following vaccines for everyone over 50: annual flu shot, Td or Tdap booster, MMR if born in or after 1975, zoster recombinant, pneumococcal, and varicella if there are additional risk factors.
- b) Varicella
- c) Zoster recombinant
- d) Pneumococcal

In what instance should you not get the Covid-19 vaccine?

- a) If you had a severe or immediate allergic reaction to an ingredient in the vaccines.
 - i. People with underlying medical conditions can receive a COVID-19 vaccine as long as they have not had an immediate or severe allergic reaction to a COVID-19 vaccine or to any of the ingredients in the vaccine.
- b) If you have diabetes.
- c) If you have chronic lung disease
- d) All of the above