



Obstetrical
Gynecological

Associates, Inc. *We Understand Women.*

ADULT VACCINATIONS

OGA EDUCATIONAL SERIES



WELCOME

Welcome to Obstetrical and Gynecological Associates (OGA). Thank you for choosing us for your care. We are women, mothers, sisters and daughters, just like you, so we understand your concerns and relate to your needs. Our mission is to always expect the best outcome while providing caring, competent and compassionate care.

OGA EDUCATIONAL CLASSES

For the latest information, visit www.weunderstandwomen.com/classes.

VACCINATIONS

Did you know that vaccine-preventable diseases can result in serious illness, hospitalization and even death. Vaccination coverage levels have been low in Indiana, and often adults do not realize they are eligible for vaccines that can benefit their overall health.

We realize that many offices no longer stock vaccines. However the health department offices in Valparaiso and Portage can accommodate the vaccination needs of most of our patients. Vaccination is usually by appointment to more efficiently prepare for your vaccine visit. If you do not live in Porter County, please search for the Health Department or Board of Health in the county of your residence.

Planning to go out of the country? The Health Department can also work with patients on consultations and vaccinations for international travel.

CDC INFORMATION

If you have further questions or concerns please utilize the CDC link for adult immunization information and schedule at www.cdc.gov/vaccines/schedules/hcp/adult.html.

Porter County Health Department

Administration Center 155 Indiana Avenue, Suite104 Valparaiso, IN 46383 (219) 465-3525	North County Complex 3610 Willowcreek Road Portage, IN 46368 (219) 759-8239
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Vaccination Guidance Table

Vaccine	Do you need it?
Hepatitis A (HepA)	Maybe: You need this vaccine if you have a specific risk factor for hepatitis A virus infection or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6-18 months apart.
Hepatitis B (HepB)	Maybe: You need this vaccine if you have a specific risk factor for hepatitis b virus infection or simply want to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.
Human Papillomavirus (HPV)	Maybe: You need this vaccine if you are a woman age 26 years or younger or a man age 21 years or younger. The vaccine is given in 2 or 3 doses over 6 months.
Influenza	Yes: You need a dose every fall or winter for your protection and for the protection of others around you.
Measles, mumps, Rubella (MMR)	Maybe: You need at least 1 dose of MMR if you were born in 1957 or later . You may also need a 2nd dose.
Meningococcal (MenCWY [MCV4], MenB, MPSV4)	Maybe: You may need MenACWY and/or MenB vaccine if you have one of several health conditions, for example, if you don't have a functioning spleen. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.
Pneumococcal (Pnemovax [polysaccharide Vaccine, PPSV]; Prevnar [conjugate vaccine] PCV)	Maybe: If you are age 65 years (or older), you need both pneumococcal vaccines, Prevnar (if you haven't had it before) and Pneumovax. Get Prevnar first and then get Pneumovax 1 year later. If you are younger than age 65 and have certain high-risk conditions (for example, asthma, heart, lung, or kidney disease, immunosuppression, or lack of a functioning spleen, or are a smoker), you need both vaccines.
Tetanus, Diphtheria, Whooping cough (pertussis) (Tdap, Td)	Yes: All adults who have not yet received a dose of Tdap, as an adolescent or adult, need to get Tdap vaccine (the adult whooping cough vaccine). And, all women need to get a dose during each pregnancy. After that, you need a Td booster dose every 5 years.
Varicella (chickenpox)	Maybe: If you've never had chickenpox or were vaccinated but received only 1 dose, talk to your health-care provider to find out if you need this vaccine.
Zoster (shingles)	Maybe: If you are age 60 years or older, you should get a 1 time dose of this vaccine now.
Hib (Haemophilus Influenzae type b)	Maybe: Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your health care provider to find out if you need this vaccine.