



YOU ARE NEVER
TOO OLD OR
LATE TO GET
VACCINATED



PLEASE SCAN FOR
THE LOCATION

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DIGITAL VERSION

NOT JUST FOR CHILDREN BUT VACCINES ARE FOR EVERYONE.

• In fact, there are “adult” vaccines that are specifically recommended for adults. They protect against diseases which are more common and more serious in adults than children. Adults are 100 times more likely than children to die of diseases that these vaccines altogether can prevent. Adults often do not get vaccinated because they think they do not need them. Influenza, pneumococcus, hepatitis B, tetanus, shingles, whooping cough (pertussis), and head, neck and genital cancers are all adult diseases that can be prevented by vaccines.

INFLUENZA (FLU)

• Flu is a serious contagious disease that can lead to hospitalization and sometimes death.

HOW DOES FLU SPREAD?

• Flu viruses spread when people infected with flu cough, sneeze or talk; by droplets and aerosols; and also, by touching a surface or object that has flu virus on it and then touching their own eyes, mouth or nose.

- Cough • Pain in Muscles • Sore Throat
- Headaches • Runny Nose • Fatigue

Each year, annual influenza outbreaks affect 5-15% of the world's population, estimates - WHO

WHAT CAN I DO TO PROTECT MYSELF FROM GETTING SICK FROM FLU?

- Getting the flu vaccine is the first and most important step in protecting yourself against flu viruses
- Flu vaccines protect you against three or four viruses: an H1N1, H3N2, and one or two
- influenza B viruses, depending on the vaccine
- Everyone, aged 6 months and older, should get vaccinated against the flu

each year

• Vaccination of persons in high risk group, such as elderly, diabetics and those who suffer from chronic illness, will reduce the risk of getting severe Flu and hence the morbidity and mortality.

WHAT IS MY RISK OF GETTING INFECTED BY INFLUENZA?

• Influenza is an extremely common disease. Thousands of people get hospitalized every year with fever, croup (infection of the voice box), pneumonia, bronchitis (infection of the large breathing tubes) or bronchiolitis (infection of the small breathing tubes) caused by influenza virus.

DO THE BENEFITS OF THE INFLUENZA VACCINE OUTWEIGH THE RISKS?

• Influenza virus kills thousands of people every year. In addition, about 2,00,000 people get hospitalized due to severity of influenza. As the influenza vaccine does not cause serious reactions, the benefits of this vaccine clearly outweigh its risks.

PNEUMONIA

WHAT IS PNEUMOCOCCUS?

- Pneumococcus is a bacterium that causes several different types of serious infections; the most common of which is pneumonia
- Pneumonia is an acute respiratory infection that primarily affects the lungs.
- This condition can be caused by viruses, bacteria, or fungi. They can enter one's lungs through droplets that are inhaled when an infected individual coughs or sneezes. Pneumococcus can also infect the blood (sepsis), or the brain and spinal cord.
- Pneumonia is treatable and preventable. However, delays in recognizing the symptoms of the disease and accessing prompt and appropriate care, as well as missed opportunities for immunization, may result in pneumonia mortality.

FAST FACT:

- About 3 million people get infected by pneumonia each year, 5% of whom will die as a result
- Pneumonia is the 6th leading cause of death across the world and also the topper in the list of leading causes of death among the elderly people

THE 4 MAIN SYMPTOMS OF PNEUMONIA INCLUDE:

- Cough • Fever • Shortness of breath
- Chest pain

One may also experience shivering chill, lack of energy, weakness, quick breathing, headache, muscle pain and bluish discoloration of lips and nails.

SEVERITY AND COMPLICATIONS OF FLU

• If the bacteria reach the bloodstream, 6 out of 10 elderly people infected with this disease could die from it. 8 out of every 10 children and 2 to 3 out of 10 adults who get infected by pneumococcal meningitis die from their infections

PREVENTION & CONTROL

- Immunization against pathogens which are responsible for pneumonia (S. pneumonia and H. influenza type b) and pathogens those lead to pneumonia as complication of the infection (e.g. measles and pertussis)
- Most important available vaccines to prevent pneumonia are pneumococcal conjugate vaccine, Hib vaccine, measles and pertussis vaccine

RECOMMENDED IMMUNIZATION SCHEDULE

- To have local recommended schedule to give free space so respective unit/country can add their own.

The following acronyms are used for vaccines recommended for adults:

Hep A - hepatitis A vaccine

Hep B - hepatitis B vaccine

Hib - Haemophilus Influenzae type b conjugate vaccine

HPV vaccine- human papillomavirus vaccine

HZV - herpes zoster vaccine

LAIV - live attenuated influenza vaccine

MMR - measles, mumps and rubella vaccine

PCV13 13 - valent pneumococcal conjugate vaccine

PPSV23 23 - 23-valent pneumococcal polysaccharide vaccine

RIV - recombinant influenza vaccine

Td - tetanus and diphtheria toxoids vaccine

Tdap - tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis vaccine

VAR - varicella vaccine