

My Vaccination Journal





Did You **KNOW?**

You need vaccines throughout your life

Adults need to keep their vaccinations up to date for various reasons¹:

1. Vaccination helps adults to stay healthy. There are certain infections like influenza, invasive pneumococcal disease and chickenpox that can cause significant morbidity and mortality in adults.
2. Vaccination helps to protect family members and the community from infectious diseases. Adults are an important source of pertussis in very young infants where the infection may be severe and life-threatening.
3. Immunity derived from vaccination during childhood can wane over time; so adults would require boosters of these vaccines.
4. Some adults can face greater risks to certain infections because of their work, travel or underlying diseases.

Vaccination is one of the most convenient and safest preventive care measures available.

Quick Guide

Below is a list of the recommended adult immunizations from the Guidelines for Adult Immunisation, 3rd Edition by Malaysia Society of Infectious Diseases and Chemotherapy.²

	19-21 yrs	22-26 yrs	27-49 yrs	50-59 yrs	60-64 yrs	≥65 yrs
Influenza	1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap)	1 dose Tdap, then Td booster every 10 yrs					
Varicella	2 doses					
Human papillomavirus (HPV) Female	3 doses					
Human papillomavirus (HPV) Male	3 doses	3 doses				
Zoster					1 dose	
Measles, mumps, rubella (MMR)	1 or 2 doses					
Pneumococcal conjugate (PCV)	1 dose					
Pneumococcal polysaccharide (PPV)	1 or 2 doses				1 dose	
Meningococcal	1 or more doses					
Hepatitis A	2 doses					
Hepatitis B	3 doses					
Haemophilus influenzae type B (Hib)	1 or 3 doses					



For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster.



Recommended if some other risk factor is present (eg, on the basis of medical, occupational, lifestyle, or other)



No recommendation

Please keep this vaccine record which include the medical information about the vaccine that you have received. Have your physician or other healthcare professional fill in the dates you receive vaccines and any notes.

Immunization Record for: _____

Date of Birth: _____

Vaccine	Product Name / Manufacturer Lot number	Date given (DD/MM/YY)	Vaccination Clinic (Signature)
COVID-19			
Haemophilus Influenzae type b (Hib)			
Hepatitis A			
Hepatitis B			
Human Papillomavirus (HPV)			
Influenza			
Measles, mumps, rubella (MMR)			

Vaccine	Product Name / Manufacturer Lot number	Date given (DD/MM/YY)	Vaccination Clinic (Signature)
Meningococcal Conjugate (MCV)			
Pneumococcal Conjugate (PCV)			
Pneumococcal polysaccharide (PPV)			
Varicella			
Zoster			

NOTES:



Pneumococcal Disease³

1. What is Pneumococcal Disease

Pneumococcal [noo-muh-KOK-uhl] disease is a name for any infection caused by bacteria called *Streptococcus pneumoniae*, or pneumococcus. Pneumococcal infections can range from ear and sinus infections to pneumonia and bloodstream infections. There are vaccines 2 kinds of vaccines that can help prevent pneumococcal disease.

- Pneumococcal conjugate vaccine or PCV13
- Pneumococcal polysaccharide vaccine or PPSV23

2. Who Should Get the Vaccine (Risk Factors)

- All children younger than 2 years old
- Adults 60 years of age and older
- People with chronic illnesses such as heart disease, lung disease (including asthma), diabetes, alcoholism, or chronic liver disease (cirrhosis)
- People without a spleen
- People with Hodgkin's disease, lymphoma, multiple myeloma, kidney disease, cochlear implants, or cerebrospinal fluid leaks
- People undergoing chemotherapy
- People infected with human immunodeficiency virus (HIV)
- People living in high-risk environments or social settings, such as nursing homes or long-term care facilities
- People who smoke



Meningococcal Disease⁴

1. What is Meningococcal Disease [muh-ning-goh-KOK-us]?

Meningococcal disease refers to any illness caused by bacteria called *Neisseria meningitidis*. These illnesses are often severe and can be deadly. They include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia).

These bacteria spread through the exchange of respiratory and throat secretions like spit (e.g., by living in close quarters, kissing). Doctors treat meningococcal disease with antibiotics, but quick medical attention is extremely important. Keeping up to date with recommended vaccines is the best defense against meningococcal disease.

2. Who Should Get the Vaccine (Risk Factors)

- People without a spleen
- People with an uncommon immune problem called complement deficiency
- Travelers to areas where meningococcal disease is present
- Military recruits
- Lab workers who might be exposed to the bacteria
- Teenagers



Influenza (Flu)⁵

1. What is Influenza

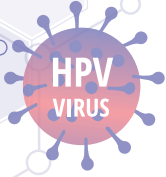
Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

There are two main types of influenza (flu) virus: Types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year.

The best way to prevent flu is by getting vaccinated each year.

2. Who Should Get the Vaccine (Risk Factors)

- Everyone 6 months of age and older



Human Papillomavirus (HPV)⁶

1. What is Human Papillomavirus

Human Papillomavirus (HPV) is a virus that infects the genital area, the lining of the cervix and, sometimes, the lining of the throat. There are many different types of HPV. Some types cause genital warts in men and women, and other types cause cancers of the cervix, anus, penis or throat.

2. Who Should Get the Vaccine (Risk Factors)

- All adolescents and young adults up to 26 years of age who have not previously received the vaccine
- Adults between 27 and 45 years of age may also decide to get the vaccine



Tetanus, Diphtheria, Pertussis (Tdap)⁷

1. What is Tetanus, Diphtheria, Pertussis

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing

2. Who Should Get the Vaccine (Risk Factors)

- Adults who have not previously gotten the Tdap vaccine should receive one dose of Tdap, then get a Tdap or Td booster every 10 years
- Pregnant women should get a single dose of Tdap between 27 and 36 weeks' gestation during each pregnancy, preferably earlier during this window
- Adults who will be around young infants and who have not had a dose of Tdap vaccine previously should get a dose of Tdap
- Adults can get either Tdap or Td following a wound

References

1. Vaccines Information For Adult | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/vaccines/adults/index.html>
2. The Guidelines for Adult Immunisation, 3rd Edition by Malaysia Society of Infectious Diseases and Chemotherapy
3. Pneumococcal Disease | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/pneumococcal/index.html>
4. Meningococcal Disease | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/meningococcal/>
5. Influenza | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/flu/>
6. Human Papillomavirus (HPV) | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/hpv/>
7. Tdap (Tetanus, Diphtheria, Pertussis) VIS | CDC. Assessed on 14 April 2021. Available at <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html>



ISN'T IT TIME TO UPDATE YOUR SHOTS?

Protect yourself and your loved ones by having your vaccination record updated.

[#VaccinesAreNotJustForBabies](#) [#YouAreOurBestShot](#)

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