

WHERE CAN I GET VACCINATED?

Vaccines are available at many health care facilities, including but not limited to...

- private doctor offices
- pharmacies
- community health clinics
- workplaces

If you are looking for a specific vaccine that your doctor does not have, ask for a referral



CONTACT US



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this information!



MYTHBUSTING

Myth: Vaccines can make you sick.
Fact: Not all vaccines contain any actual virus, and those that do only have a weakened or dead version. Having minor side effects from a vaccine is normal.

Myth: Diseases like polio are so rare these days that there is no need to get the vaccine.

Fact: The reason many diseases are becoming less common is because people get vaccinated. Having fewer people in the public able to contract a certain disease greatly reduces its spread.

Myth: If a vaccine isn't fully effective in preventing a disease, there is no point in getting it.

Fact: Many vaccines, such as those for COVID-19 and the flu, don't necessarily prevent you from getting the disease, but they greatly reduce the severity of the disease if you happen to get sick. This makes your illness more manageable and helps lower the chances of hospitals filling up.



ADULT VACCINATION



Sheboygan County
Division of Public Health
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WHAT ARE VACCINES?



A **vaccine** is a preparation used to stimulate the body's immune response. Vaccines work by **imitating** an infection to teach the body how to react when exposed to a real infection. Three ways to imitate an infection are by using...

1. A weakened or dead bacteria or virus
2. Only the external surface or genetic material of a bacteria or virus
3. A bacterial toxin that has been treated to make it non-toxic

Many vaccines require multiple doses. This is **not** because the vaccine is bad or ineffective. Multiple doses just help to build more complete protection.

Some vaccines may cause side effects such as fever, tiredness, or soreness. This is **normal** and expected. Although vaccines are safe, they do introduce new substances to the body, so the body will naturally react to that.

COVID-19 VACCINES



The COVID-19 vaccines use slightly different imitation techniques:

1. mRNA vaccines (like Pfizer and Moderna) give the body instructions on how to make virus proteins. Those proteins trigger an immune response.
2. Protein subunit vaccines (like Novavax) contain viral proteins that trigger an immune response.

While these have not been popularly used before, they have been studied for decades. They **cannot** alter your DNA because they do not interact with human DNA.

At the end of 2022, an **updated** (bivalent) vaccine became available. This version protects against the original virus as well as some common variants.



WHICH VACCINES DO I NEED?



All adults should stay up to date on routine vaccines:

1. COVID-19
 - a. Everyone over 6 months old should get one updated (bivalent) vaccine
 - b. People aged 65+ may get an additional updated vaccine four or more months later
2. Seasonal Influenza (flu)
 - a. Everyone over 6 months old should get a flu shot annually
3. Pneumococcal
 - a. Talk to your doctor about if and when you need this
4. Shingles
 - a. Adults over the age of 50 should get 2 doses, 2-6 months apart
5. Tdap or Td
 - a. Tetanus, diphtheria (pertussis)
 - b. Adults should get a booster every 10 years

Some adults may need additional vaccines due to age, health conditions, or life events. Talk to your doctor or use the URL or QR code to see if you may need additional vaccines.

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

