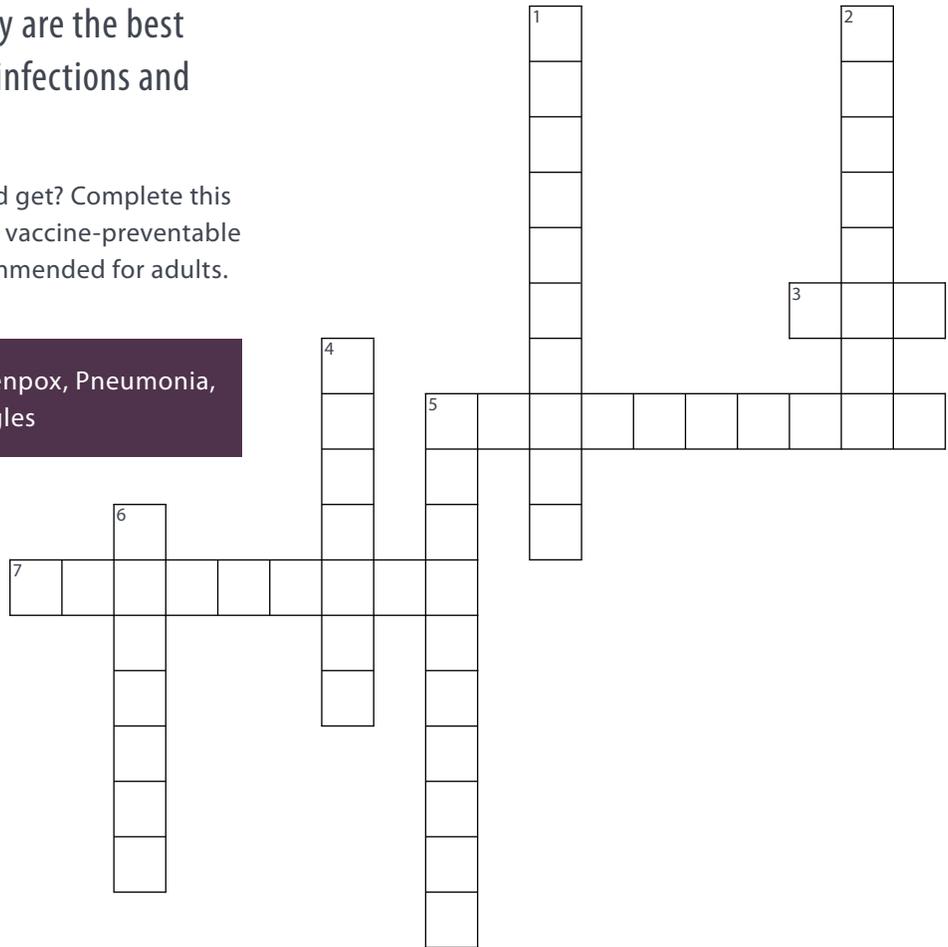




Vaccines aren't just for kids! They are the best way to protect yourself against infections and diseases throughout your life.

Don't know which vaccines you should get? Complete this crossword puzzle to learn more about vaccine-preventable diseases and the immunizations recommended for adults.

**Word Bank:** Hepatitis A, Flu, Chickenpox, Pneumonia, Measles, Tetanus, Hepatitis B, Shingles



## DOWN

1. Most kids get the \_\_\_\_\_, but adults are at a far greater risk of complications.
2. \_\_\_\_\_ is caused by the same virus that causes chickenpox.
4. Another name for \_\_\_\_\_ is "lockjaw" because it often causes a person's neck and jaw muscles to lock, making it hard to open the mouth or swallow.
5. While most people with this disease recover on their own, talk to your VA health care provider about the \_\_\_\_\_ vaccine if you have any type of chronic liver disease, are a man who has sex with other men, use injectable drugs, or travel to regions with high infection rates.
6. The \_\_\_\_\_ virus causes rash, cough, runny nose, eye irritation, and fever. A vaccine is available that protects children and adults from this disease, as well as two others.

## ACROSS

3. Fever, body aches, and a sore throat. Each fall, to reduce the risk of getting sick and developing these symptoms, get a \_\_\_\_\_ shot as soon as it's available to protect yourself the entire season. While the elderly and pregnant women are among the more susceptible, it's important for Veterans of all ages to get vaccinated.
5. This virus is more contagious than HIV, and is most often spread through sexual contact: \_\_\_\_\_.
7. Signs of \_\_\_\_\_, a lung infection, include fever, chills, fatigue, coughing, and shortness of breath. If there was a way to prevent these symptoms, would you? Talk to your VA health care provider today.

*More information on each answer is provided on page 2.*



## Down

1. Protection against the chickenpox is necessary for those born in the U.S. after 1966 and that have not had this disease and have not been vaccinated.
2. Almost one out of every three people in the U.S. will develop shingles in their lifetime. People who are over the age of 60 may receive a single dose of the shingles vaccine. Consult with your health care provider first.
4. Tetanus vaccines are recommended throughout your life. Booster doses of tetanus-diphtheria (Td) are needed at 10-year intervals. In place of the Td booster, people age 19-64 and those 65 and older who are in contact with infants should get a one-time dose of tetanus-diphtheria-pertussis (Tdap) to also protect against whooping cough.
5. Did you know that “hepatitis” means inflammation of the liver? Hepatitis A is a contagious liver disease that can range in severity from a mild illness lasting a few weeks to a severe illness causing liver failure. It is spread through household, or sexual, contact with an infected person; eating or drinking contaminated food or water; or touching a contaminated item or surface and then touching your mouth.
6. The measles, mumps, and rubella (MMR) vaccine can protect children and adults from all three of these diseases. People born after 1956 and all women of childbearing age who have not had these diseases or been vaccinated against them need to get the shots to be protected.



## Across

3. People who are six months and older should get the flu vaccine. The flu virus can change from one year to the next so it is important to get the new vaccine each year.
5. Hepatitis B, a contagious liver disease, can either be acute (short term) or chronic (long term). The virus is contained in blood and body fluids and can be passed from person to person during activities such as sex with an infected partner; sharing needles, razors, or toothbrushes with an infected person; and even at birth, when an infected mother passes it on to the baby. There is no cure for hepatitis B, but the vaccine can prevent the disease.
7. Getting a pneumococcal vaccination is the best way to prevent severe infection. People under 65 will need a booster shot when they reach 65 if more than five years have passed since their initial shot.

## LEARN MORE

For more information, visit  
[www.publichealth.va.gov/vaccines.asp](http://www.publichealth.va.gov/vaccines.asp)

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