

Your immune system is your most powerful weapon against illness. The body's own resistance recognizes germs and destroys them. The quicker this happens the lesser the risk of illness.

Arm your own body in the fight against germs.  
Fortify yourself from within!

**Doctors in practice in the Hannover Region will be pleased to advise you.** And update your protection against illness.

Adults, too, should be protected against the following diseases:

## Diphtheria (*Corynebacterium diphtheriae*)

**The germ:** Enters the body through droplets in inhaled air.

**The disease:** Diphtheria bacteria form a toxin that attacks the tissues in the throat. Possible consequences: Suffocation as well as damage to the heart, liver and kidneys.

**Protection:** Basic protection plus a booster every ten years

## Flu (real flu)

**The germ:** The flu virus is transmitted, above all, through droplets in the air you breathe and by hand. It enters into the body through the mouth, nose or eyes.

**The disease:** Flu is often made light of and confused with the common cold. With people over the age of sixty, or those who suffer from chronic illnesses, it can, however, damage the lungs, heart or brain and even be fatal.

**Protection:** People who get vaccinated in the autumn are prepared for the flu season.

## Whooping cough (pertussis)

**The germ:** Once they are inhaled, Pertussis bacteria stick firmly to the mucous membranes of the respiratory tract.

**The disease:** It brings on sudden and severe bouts of coughing that, in the case of babies, can lead to respiratory standstill. To protect small children, parents, grandparents and close friends should have themselves vaccinated against whooping cough.

**Protection:** Vaccination, or booster, with one dose for close contacts.

## Polio (poliomyelitis)

**The germ:** Is brought to Western Europe by long-distance travellers. Polio viruses wander by way of the mouth into the body – also with adults!

**The disease:** Occasionally causes paralysis in individual parts of the body, damage to joints and deformation of limbs.

**Protection:** Every vaccination counts – even those in adolescence. A total of four injections are necessary. In the case of long-distance travel, sometimes even more.

## Pneumonia (pneumococci)

**The germ:** The bacteria settle in almost every body, but only become dangerous when the immune system is weakened.

**The disease:** Leads occasionally to life-threatening inflammation of the lungs or the cerebral membrane. People with a weakened immune system, pensioners and the chronically ill – for example, diabetics – are at particular risk.

**Protection:** One vaccination provides protection for six years.

## Tetanus (tetanus)

**The germ:** Tetanus bacteria are found throughout the environment; for instance, in soil and wood. They enter the body through wounds (even tiny wounds).

**The disease:** Leads to painful contraction of voluntary muscles, first in the face, then the back, arm, legs and larynx. Despite intensive medical care, one in three persons infected with tetanus die.

**Protection:** Most people are protected by vaccination in their adolescence. It has to be boosted, however, every ten years.

The recommended vaccinations apply for all adults. If your last vaccination was more than ten years ago, new basic protection is not always necessary; a booster is often sufficient to protect you.

## Incidentally:

In most cases **one injection against several infectious diseases is effective**, since it contains so-called combination vaccines.

The recommended vaccinations are free of charge. A surgery fee is not payable for the vaccination. Certain health insurance bodies even reward this precautionary health measure within the scope of a bonus system.

# Do you know what you are immune against?

## Strange.

The most important document has no prescribed validity. The vaccination card or certificate, in particular, should be regularly updated. Immunization loses its effectiveness. But very few people bear that in mind. Especially when one is past the age of 30.

## The fact is:

People who regularly update their vaccinations live more securely – and sometimes even longer. Serious diseases, such as tetanus and pneumonia, can be fatal – especially for the elderly. Simple vaccinations can prevent that.

## What are you waiting for?

Take a look right now at your vaccination card or certificate (or WHO international vaccination booklet)! Check up whether you are still protected.

It's **your** life!

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# We are the people to contact!

## Talk to us!

**Doctors in practice in the Hannover Region provide you with information, advice and immunization!**



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WORLD HEALTH ORGANIZATION  
ORGANISATION MONDIALE DE LA SANTÉ



## INTERNATIONALE BESCHEINIGUNGEN ÜBER IMPFUNG UND IMPFBUCH

INTERNATIONAL CERTIFICATES  
OF VACCINATION

CERTIFICATS INTERNATIONAUX  
DE VACCINATION

gemäß § 22 Infektionsschutzgesetz

International Health Certificates / International Sanitary Regulations / Règlements Sanitaires Internationaux

ausgestellt für / issued to / délivré à

Name, Vorname / Surname, given name / Nom, prénom

Geburtsdatum / Birth date / Date (e) in à

Wohnort und Straße / Address / Domicile et adresse

Reisepass-Nr. oder  
Nr. des Pers.-Ausweises

Passport No. or  
Identity card No.

Numéro du passeport ou  
de la carte d'identité

**expired**

# Immunization after the age of 30

An initiative of the  
Hannover Health Plenum



Region Hannover