

Are You Up to Date on Your Vaccines?

Getting and keeping track of your immunizations will help keep you and those around you healthy. Follow this checklist to ensure that you are staying up to date with the vaccines you need.

Do: get a flu vaccine every year. The flu vaccine is given as a shot for many, and is available as a nasal spray for some.

Do: get a Tdap booster every 10 years if you are over the age of 19. You probably got the child version of the vaccine called Dtap, but you will need a booster to continue to protect against diphtheria, tetanus and whooping cough.

Do: get a Shingles vaccine if you are over 50 and healthy. This will be given in 2 doses over 6-months.

Do: get a Pneumococcal vaccine if you are over 65. There are two different Pneumococcal vaccines, so check with your healthcare provider to make sure you receive the vaccines you need.

Do: keep a record of all immunizations you receive, including boosters. This will help you to know if you are up-to-date.

Do: talk to your healthcare provider about any other vaccinations that you may need, especially if you are a healthcare worker or are traveling outside of the US.

Do Not: skip your needed vaccines because you are feeling well.

Getting immunizations as needed is a big part of the reason you are feeling well and healthy.

Talk to your healthcare provider and get the recommended immunizations to help lower the risk of disease for you, your loved ones and your community.