

IMMUNIZATION AWARENESS

When you skip vaccines, you leave yourself vulnerable to illnesses

What Vaccines do **You** need?

Adults need vaccines too! Answer a few quick questions to find out which vaccines you may need.



TRAVEL VACCINES

Discuss your itinerary with your health care provider to make sure you get any destination-specific vaccines and medicines, such as yellow fever vaccine or medicine to prevent malaria.

IMMUNIZATIONS PREVENT & PROTECT

Shots (or vaccines) help prevent dangerous and sometimes deadly diseases. Vaccines aren't just for kids – adults need to get vaccinated to stay protected from serious illnesses like the flu, measles, and pneumonia.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. Talk to friends and family members about how vaccines aren't just for kids. Shots can protect people of all ages from serious diseases. Encourage people in your community to get the flu vaccine every year. Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

1

FLU SHOT

An annual seasonal flu vaccine is the best way to help protect against flu.

2

PNEUMONIA SHOT

CDC recommends pneumo vaccination for all children younger than 2 years old and all adults 65 years or older.

3

MEASLES SHOT

CDC recommends all children get 2 doses of MMR (measles-mumps-rubella) vaccine, starting with the first dose at 12 through 15 months, & the second dose at 4 through 6 years of age.



HEPATITIS A

Hepatitis A is a serious liver disease. It is caused by the hepatitis A virus (HAV). HAV is spread from person to person through contact with the feces of people who are infected, which can easily happen if someone does not wash his or her hands properly. You can also get hepatitis A from food, water, or objects contaminated with HAV.