

Get Recommended Vaccines

It is better to prevent a disease than to treat it. Vaccines protect you, your children, and entire communities from getting many infectious diseases.



WHAT VACCINES DO YOU NEED?

Get a complete list of recommended vaccines for children, adolescents, and adults from the Centers for Disease and Control & Prevention (CDC) the Web site [cdc.gov/vaccines](https://www.cdc.gov/vaccines). Click on "Immunization Schedules." Discuss what vaccines you and your children should get with your health care providers.

Most children have received all the recommended vaccines by 2 years of age, but many children have not had all the vaccines they need. Many adolescents and adults are under-immunized, too. This makes it possible for outbreaks of flu, measles, pneumonia, hepatitis B, and other infectious diseases.



POSSIBLE SIDE EFFECTS OF VACCINES

Like any medicine, there may be minor side effects. This is normal and should not be a cause for alarm. Depending on the vaccine, these can include:

- A slight fever
- A rash, or soreness at the site of injection
- Slight muscle aches, fatigue, or headache
- Very rarely, people have an allergic reaction after getting a vaccine. Be sure to tell your health care provider if you have health problems or known allergies to medications or food.
- Serious reactions to vaccines are extremely rare.
- Egg protein is found in influenza and yellow fever vaccines. These are prepared using chicken eggs. Usually, persons who are able to eat eggs or egg products can safely receive influenza vaccines, but should not receive the yellow fever vaccine.
- Report a health problem that followed vaccination. You or your provider should report the problem to the Vaccine Adverse Event Reporting System (VAERS) at vaers.hhs.gov or call 1-800-822-7967.