

Micro & Meaningful Steps

Not Just For Kids

Vaccines have the power to protect against serious infectious diseases.

The protection from some of the vaccinations you received can wear off over time. Plus, you may now be at risk for different infectious diseases due to your job, lifestyle, travel, or health conditions.

- At your next visit, ask your doctor if you have missed any recommended vaccines.
- If you are pregnant, or trying to become pregnant, ask which vaccines are recommended.
- Seek out an accountability partner to help you follow through with your vaccine appointments. You can help them follow through, too.
- Learn about vaccines recommended for you at health.gov/myhealthfinder.

