



# Get recommended immunizations. Protect yourself & others

## 3 Steps to Turn this Message into ACTION

### 1. Discuss your vaccine needs with your health care team.

Vaccines you need depend on your age, gender, health status, and if you are allergic to contents in a vaccine.

### 2. Schedule and get the vaccines you need:

- Get a flu shot every year as soon as it is available.
- Get a COVID vaccine or booster when recommended.
- Make a list of other vaccines you still need.
- Keep a record of your vaccines.

### 3. Vaccines are not just for kids.\*\*

VACCINE	WHEN
Tetanus, diphtheria, pertussis (whooping cough)	1 dose of Tdap if you are younger than age 55; Td/Tdap booster every 10 years
Measles, mumps, rubella (MMR)	1 dose of MMR if you were born in 1957 or later.*
Varicella (Helps protect against chicken pox)	If you have not had chicken pox or if you had only one dose of this vaccine in the past
Pneumococcal (Helps protect against pneumonia)	1 dose at age 65 or older. You need 1-2 doses sooner than this if you smoke or have certain chronic medical conditions.
Zoster (Helps protect against shingles)	2 doses at age 50 or older
Hepatitis B	2, 3, or 4 doses, ages 19-59*

\*Consult your health care team if you need this vaccine at other ages and/or if you need extra doses. \*\*Ask if you need additional vaccines, such as ones to protect against hepatitis A, Respiratory syncytial virus (RSV), and meningitis. If you are age 26 or younger, ask if you need human papillomavirus (HPV) vaccine. This protects against genital warts in men and women and cervical cancer in women.

