



STAY HEALTHY GET VACCINATED



Immunization is a simple, safe, and effective way of protecting not only yourself, but also all the people around you, including your loved ones, members of your community, and those who are most vulnerable, such as infants, children, teens, and the elderly. Vaccines use your body's natural defenses to build resistance to specific infections and make your immune system stronger so it can successfully fight off potentially harmful diseases. Immunizations are not just for children. Protection from some childhood vaccines can wear off over time and some boosters are recommended throughout your life. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel plans, or health conditions.

It is recommended that children and teens (18 years of age and younger) receive the following vaccines:

- Diphtheria, tetanus, and pertussis (whooping cough) (DTaP)
- Haemophilus influenza type b (Hib)
- Hepatitis A
- Hepatitis B
- HPV vaccine
- Influenza (annually)
- Measles, mumps, rubella (MMR)
- Meningococcal conjugate vaccine
- Pneumococcal (PCV)
- Polio (IPV)
- Rotavirus (RV)
- Varicella (chickenpox)

It is recommended that adults receive the following boosters:

- Influenza – every year before the end of October
- Tetanus and diphtheria (Td) – every 10 years
- Shingrix (shingles) – two doses for healthy adults 50 years of age and older

Vaccine boosters, which are additional doses of a vaccine that help “boost” your immunity, are recommended for adults 19 years of age and older who meet age requirements, lack documentation of vaccination, or lack evidence of past infection.

Additionally, one dose of Pneumococcal conjugate vaccine followed by one dose of Pneumococcal polysaccharide vaccine is recommended for healthy adults 65 years of age and older. Receiving one or both of these vaccines is also recommended for adults under the age of 65 who have certain health conditions, such as heart disease, diabetes, cancer, or HIV.

For a full listing of vaccines recommended for adults, visit [here](#). Further vaccination may also be recommended for those adults with additional risk factors. If you are unsure of which vaccines you may need, speak with your healthcare provider.

Vaccination and Pregnancy

For pregnant mothers, remaining up to date on vaccinations is recommended before and during pregnancy to help you protect both yourself and your baby. When you are pregnant, the antibodies your body produces in response to receiving a vaccine can be passed on and provide your baby with short-term protection from potentially harmful diseases, such as the flu and whooping cough, until they are old enough to receive their own vaccines.

- It is recommended that pregnant mothers receive the following vaccines:
- Diphtheria, tetanus, and pertussis (whooping cough) (DTaP) – during the third trimester
 - Influenza – before the end of October
 - Measles, mumps, rubella (MMR) – at least one month before becoming pregnant

Vaccines received before pregnancy also help protect pregnant mothers from serious diseases, such as rubella, which can cause serious problems for unborn babies, including miscarriages and birth defects. Speak with your healthcare provider about the vaccines you may need during pregnancy to keep you and your baby safe.

