

What **vaccines** do **you** need?

Rx

PATIENT NAME: _____

Flu
COVID-19
Td/Tdap
Chickenpox
Hepatitis A and B
HPV
MMR
Meningococcal
Pneumococcal
Shingles
Polio

SIGNATURE: _____

DATE: _____

DON'T WAIT. VACCINATE!

What is a vaccine?

- A medicine used to help the body fight diseases.

What is vaccination?

- Giving someone a vaccine.
- They are often given as a shot but can be given by mouth or sprayed in your nose.

Why is it important to get vaccines?

- From Centers for Disease Control (CDC) Foundation:
“Vaccinations and boosters help you avoid infection. Vaccinations help you guard against serious illness, hospitalization, or dying if you get infected.”
- Vaccines are important during every stage of life.

Are vaccines safe?

- Vaccines are tested to make sure they are safe before you get them.
- Vaccines can have side effects.
- It is important to check with your doctor before getting any vaccine.
- This handbook is going to talk about the vaccines that everyone should get!

10 Reasons to Get Vaccinated

- 1 Some diseases have not gone away.
- 2 Vaccines will help keep you healthy.
- 3 Vaccines are as important to your health as diet and exercise.
- 4 Vaccinations can mean the difference between life and death.
- 5 Vaccines are safe.
- 6 Vaccines cannot cause the diseases they are made to prevent.
- 7 Young, healthy people can get very sick too.
- 8 Some diseases are expensive to treat.
- 9 When you get sick, your children, parents, or grandparents, may get sick too.
- 10 Your family, friends, and co-workers need you.



*Information
from CDC.*

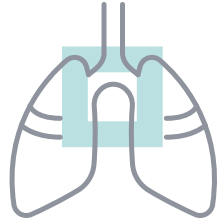


Influenza (the flu)



The **flu** is an infection of the nose, throat, and lungs.

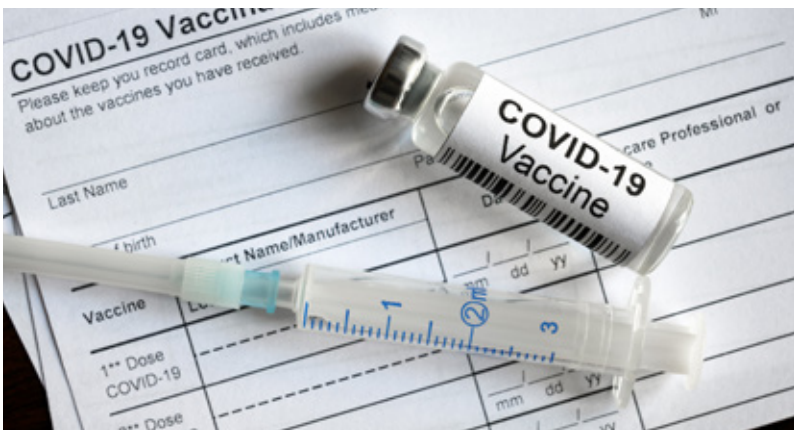
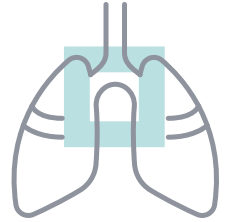
- The flu spreads through the air when someone who has the flu coughs, sneezes, or talks.
- The flu shot is a seasonal vaccine.
 - Flu season starts in the fall and goes on until spring.
- The flu shot may take up to 2 weeks before it starts to work in your body.
- You can also get the flu from touching something that has the flu virus on it.
- Anyone 6 months or older should get the flu vaccine every year.
- Talk to your doctor about getting the flu vaccine.



COVID-19

COVID-19 is a virus that affects the lungs.

- COVID-19 spreads from person to person.
- The COVID-19 vaccine slows the risk of spreading or getting the disease.
 - You might not get as sick if you get the COVID-19 vaccine.
- Everyone 6 months and older should get the COVID-19 vaccine.
- To get the best protection, get all doses and boosters.
- COVID-19 vaccines are effective against all types of COVID-19.
- Talk to your doctor before getting the COVID-19 vaccine.

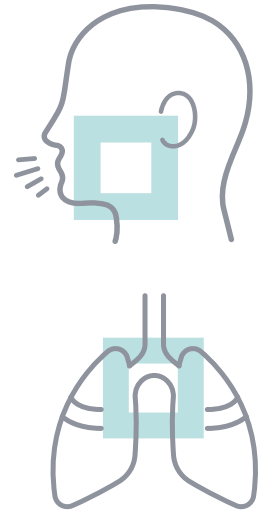


Td/Tdap



Tetanus, diphtheria, and pertussis (whooping cough) are serious infections.

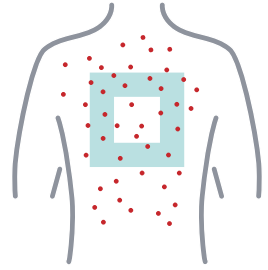
- Tetanus enters the body through cuts or scratches.
- Diphtheria and Pertussis are spread by people already sick with the virus.
- The **Td** vaccine protects against tetanus and diphtheria.
- **Tdap** protects against tetanus, diphtheria, and pertussis (whooping cough).
- Both Td and Tdap are injections.
- Vaccines are for anyone 7 years of age and older.
- Adults should get a booster every 10 years.
- Talk to your doctor about getting these vaccines.



Chickenpox

Chickenpox is an infection causing an itchy, blister-like rash on the skin.

- Chickenpox can be spread by someone who has it.
- Children and babies are more likely to get chickenpox.
- You get 2 doses of the chickenpox vaccine:
 - The first dose at 12 to 15 months.
 - The second dose at 4 to 6 years.



Hepatitis A



Hepatitis A is a liver disease.



- It is spread from person to person.
- Children under 2 years of age should get 2 doses of the vaccine.
- Children older than 2 years of age and adults should also get the vaccine but only need 1 dose.
- Talk to your doctor about getting the Hepatitis A vaccine.

Hepatitis B

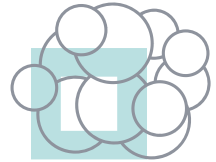


Hepatitis B is a liver infection.

- Hepatitis B is spread from others through body fluids.
- The vaccine is given as 2, 3, or 4 shots depending on what your doctor orders.
- All children and adults should get vaccinated.
- Most people who are vaccinated are protected for life.
- Talk to your doctor about getting the Hepatitis B vaccine.

HPV (human papillomavirus)

HPV is a virus that can cause cancer.



- HPV is spread from person to person through sexual contact.
- The HPV vaccine may be given with other vaccines.
- The vaccine may be given as young as 9 years of age.
- The vaccine is for everyone through age 26.
- Talk to your doctor about getting the HPV vaccine.



MMR (measles, mumps, rubella)

Measles, mumps, and rubella are caused by a virus. They can all be serious.

Measles starts with a fever, cough, runny nose, and a rash that usually starts on your face.

- It is spread through coughing and sneezing.

Mumps usually causes swelling below your ears.

- It is spread from person to person.

Rubella usually causes a rash on the face, fever, and swelling behind your ears and in your joints.

- It is spread through coughing and sneezing.

This one vaccine covers all three diseases.

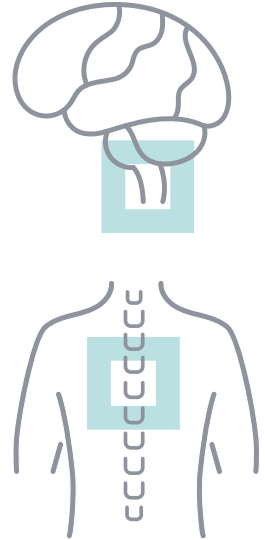
- Children need 2 doses of this vaccine:
 - The first dose at 12 to 15 months.
 - The second dose at 4 to 6 years.
- Older children and adults may also need this vaccine if they did not receive it when they were younger.
- Talk to your doctor about getting the MMR vaccine.



Meningococcal

Meningococcal disease (meningitis) is an infection of the brain and spinal cord.

- This disease is spread from person to person.
- Children need 2 doses of the vaccine:
 - First dose at 11 or 12 years.
 - Second dose at 16 years.
- Certain groups are at higher risk of getting this disease.
 - At greatest risk are those under 1 year of age, and those 16 through 23 years of age.
- Talk to your doctor about getting the vaccine.

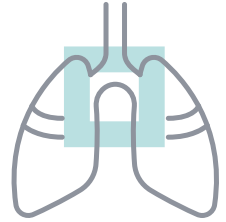


Pneumococcal



Pneumonia is an infection of the lungs.

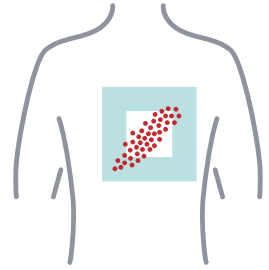
- It is spread through coughing and sneezing.
- The pneumococcal vaccine helps prevent pneumonia.
- Pneumonia is common in young children.
- Adults can be at risk too.
- Children under 5 years of age and adults over 65 should get this vaccine.
- Ask your doctor about when you should get the pneumococcal vaccine.



Shingles

Shingles is an infection that causes a painful rash.

- Shingles is spread from person to person through contact with the rash.
- Shingrix™ is the shingles vaccine.
- Adults over 50 should get 2 doses of Shingrix™.
- There should be 2 to 6 months between doses.
- Your doctor may want you to get the Shingrix™ vaccination if you are over 19 years of age with health concerns.
- Talk with your doctor about getting the shingles vaccine.

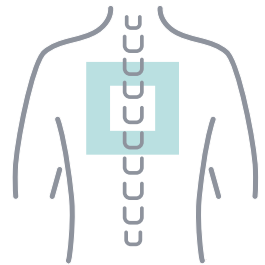


Polio



Polio is a disease that can paralyze you, and it can be deadly.

- Polio is spread from person to person.
- There is no cure for polio, but it can be prevented by safe vaccines.
- Children need 4 doses of the vaccine:
 - First dose at 2 months.
 - Second dose at 4 months.
 - Third dose at 6 to 18 months.
 - Fourth dose at 4 to 6 years.
- Talk with your doctor if you have never received a polio vaccination.



Always seek the advice of your doctor or other healthcare provider with questions about what vaccines are right for you.

The content of this booklet was obtained from Centers for Disease Control (CDC). Points of view or opinions do not necessarily represent official Administration for Community Living Policy.



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