



# Vaccinate at Every Life Stage

Adult Immunizations - Shots aren't just for kids!

## WhyImmunize.org

*Don't Wait. Vaccinate!*

### Why get immunized as an adult?

Getting immunized against vaccine preventable diseases is not just a kid thing. It is another important step in your wellness plan. Adults should protect themselves from diseases like flu, pertussis, shingles and HPV, a cancer causing virus.

When you protect yourself, you also are protecting others - like grandma, friends, coworkers, your sick neighbor and your brother's new baby girl. We call this community immunity. Your doctor can answer immunization questions you might have or visit [WhyImmunize.org](http://WhyImmunize.org) for the facts about adult immunizations.

### What immunizations do I need as an adult?

Talk to your health care provider about what vaccines you need depending on your health status and previous immunizations. All adults need yearly influenza vaccine. In addition, you might need:

- Tdap (Whooping Cough)
- Pneumococcal 13 and 23
- Shingles (Zoster)
- Meningococcal ACWY and B vaccines
- Human papillomavirus (HPV)
- Hepatitis B
- Td (Tetanus & Diphtheria)

### How can YOU keep track of your immunization records?

#### ASIS - Arizona State Immunization Information System

- An electronic vaccine registry that can help to keep track of when you receive vaccines.
- Adults who get vaccines at pharmacies will automatically have their vaccine information added to ASIS. Otherwise, adults have to ask their health care provider to add their vaccine information into ASIS.
- Health care providers who report vaccines to ASIS can print ASIS vaccine records for you and your family members for school, college and work requirements.

### Protect Your Family With Healthy Habits



Get Vaccinated



Stay Home  
When Sick



Cover Your Cough



Wash Your  
Hands

See the other side of this flyer for the adult immunization schedule and talk to your health care provider today!



This is a family friendly schedule. Please talk with your health care provider for specific immunization recommendations.



## 19-26 YEARS

## 27-49 YEARS

Influenza (Yearly)

1 Tdap \* then Td booster every 10 years; also 1 dose Tdap during every pregnancy

Chickenpox (2 doses)\*

Human papillomavirus (HPV) \*

Measles, Mumps, Rubella - MMR \*

Meningococcal ACYW series \*

Meningococcal B series \* +

Talk to your health care provider about any of these vaccines, questions you might have and the age at which you should receive vaccinations.



## 50-64 YEARS

## 65 YEARS and older

Influenza (Yearly)

1 Tdap vaccine \*

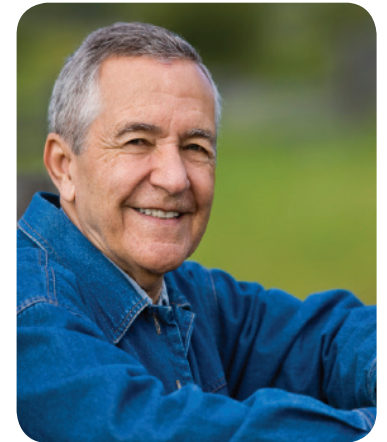
Shingles (at or after age 60)

MMR Series \*

Pneumococcal 13 \*

Pneumococcal 23

Talk to your health care provider about any of these vaccines, questions you might have and the age at which you should receive vaccinations.



## Immunization recommendations for health care providers and child care workers.



Influenza (Yearly)

Tdap \* (1 dose) then Td booster every 10 years \*

Measles, Mumps, Rubella - MMR series \*

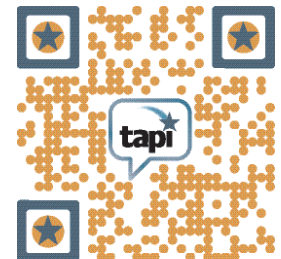
Chickenpox \*

Hepatitis B \*

Meningococcal ACYW \*\* and B vaccines \*\*



If you are a health care provider please visit [WhyImmunize.org](http://WhyImmunize.org) or [cdc.gov/vaccines](http://cdc.gov/vaccines) for a clinical schedule.



Scan QR code for more information



[WhyImmunize.org](http://WhyImmunize.org)

\* If not previously received or if series not completed. + Ask your medical provider if you need this vaccine \*\*For microbiologists routinely exposed to isolates of Neisseria meningitidis.