



Protect your family and your community.

Make sure you get all your recommended immunizations. They keep you healthy and can help stop the spread of disease to your family and community.

People who aren't immunized put themselves and others at risk of getting the diseases that vaccines prevent.

Some diseases, like measles, spread very easily. It only takes a small number of unprotected people to cause a disease outbreak.



Are you traveling?

If you are traveling out of the country you may need other immunizations to protect yourself against diseases that are not common in the U.S.

Ask your doctor, nurse, or local health department if you have questions about which immunizations are recommended.

For more information about travel immunizations, visit: wwwn.cdc.gov/travel/default.aspx.

Keep a personal copy of your immunization record.

It is important to keep a record of all your immunizations. These records may be needed for child care, school, camp, college, the military, travel, or for employment.

If you don't have a record of your immunizations, ask your health care provider for a copy. Contact your local health department to get a blank record card.



For more information

When searching for immunization information on the web, use a reliable source to find the most accurate information.

For tips on how to search for reliable immunization information, visit: www.hhs.gov/nvpo/tips.htm.

Local Resources

Find contact information for your local health department at www.doh.wa.gov/LHJMap/LHJMap.htm.

State Resources

Washington State Department of Health
www.doh.wa.gov/cfh/immunize

Plain Talk About Childhood Immunizations
www3.doh.wa.gov/here/materials/PDFs/15_PlnTalk_E02L.pdf

CHILD Profile
www.childprofile.org

National Resources

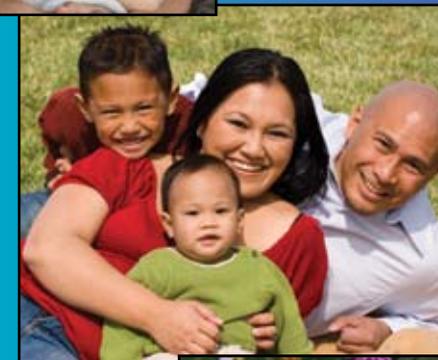
Centers for Disease Control & Prevention
www.cdc.gov/vaccines

Immunization Action Coalition
www.immunize.org



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Immunizations are important at every age





INFANTS & YOUNG CHILDREN

Infants are often at higher risk of serious problems if they get a vaccine preventable disease. Make sure they get all their immunizations on time, every time.

The following immunizations are recommended for infants from birth through 3 years. Talk to your child's doctor, nurse, or clinic if you have questions about which immunizations your child needs.

Birth – 3 Years:

- Diphtheria, Tetanus, acellular Pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Hepatitis A (Hep A)
- Hepatitis B (Hep B)
- Inactivated Poliovirus (IPV)
- Influenza (Flu) (yearly)
- Measles, Mumps, Rubella (MMR)
- Pneumococcal (PCV)
- Rotavirus (Rota)
- Varicella (Chickenpox)



CHILD CARE & SCHOOL AGE

Children in child care and school may be exposed to diseases. It is important for their immunizations to be up-to-date. It's not too late to catch up. If your child missed any immunizations recommended at younger ages, be sure to catch up now.

4 – 6 Years

Recommended:

- Chickenpox
- DTaP
- IPV
- Flu (yearly)
- MMR

Catch-up Immunizations:

- Hep A
- Hep B

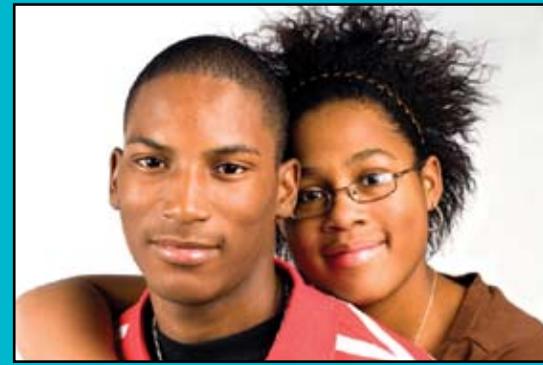
11 – 12 Years

Recommended:

- Flu (yearly)
- Human Papillomavirus (HPV) (for females only)
- Meningococcal
- Tetanus, diphtheria, acellular pertussis (Tdap)

Catch-up Immunizations:

- Chickenpox
- Hep A
- Hep B
- MMR
- IPV



ADOLESCENTS & YOUNG ADULTS

Teens and young adults should catch up on all missed immunizations to protect themselves and others against disease.

15 – 30 Years

Catch-up Immunizations:

- Chickenpox
- Flu (yearly)
- Hep A
- Hep B
- HPV (females) (up to age 26)
- Meningococcal
- Tdap/Td (Tdap once/Td every 10 years)

Find out if you have had measles, mumps, rubella and chickenpox diseases, or if you have had the recommended number of doses of these vaccines.



ADULTS & OLDER ADULTS

Immunizations are important for adults in close contact with others at high risk, such as infants, those with chronic conditions, or weakened immune systems. Some immunizations are recommended specifically for older adults.

30 - 50 Years

- Flu (yearly)
- Tdap/Td (Tdap once/Td every 10 years)

Find out if you have had measles, mumps, rubella, and chickenpox diseases, or if you have had the recommended number of doses of these vaccines.

60 Years

- Shingles (only once/lifetime)
- Flu (yearly)
- Tdap/Td (Tdap only up to age 65/Td every 10 years)

65 Years

- Flu (yearly)
- Pneumonia (only once after 65)
- Shingles (only once/lifetime)
- Td (every 10 years)



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Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
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