

Vaccinate at Every Life Stage



Adult Immunizations - they aren't just for kids!

WHY get immunized as an adult?

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

When you protect yourself, you are also protecting others - like grandma, friends, coworkers, a sick neighbor and your new grandbaby. We call this community immunity.

WHAT immunizations do I need as an adult?

Your doctor can answer immunization questions you might have or visit **WhyImmunize.org** for the facts about adult immunizations. Find which immunizations are recommended for you on the back.

HOW can you keep track of your immunization records?

ASIIS - 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 ASIIS. Otherwise, adults have to ask their health care provider to add their vaccine information into ASIIS.
- Access your entire family's record online anytime, in one place, for free through MyIR Mobile.



- Go to **MyIRMobile.com** to get started.
- Easy access to adult and child records!

PROTECT YOUR FAMILY

With Healthy Habits



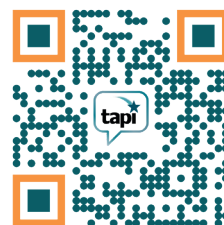
Get Vaccinated

Cover Your Cough



Stay Home When Sick

Wash Your Hands



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)

*Hepatitis B **

*1 Tdap * then tetanus booster (Td or Tdap) every 10 years; also 1 dose Tdap during every pregnancy*

*Chickenpox **

*Human papillomavirus (HPV) **

*Measles, Mumps, Rubella - MMR **

Follow the CDC COVID-19 vaccine guidance based on age and risk.

*Meningococcal ACWY**

*Meningococcal B**

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)

Tetanus-diphtheria-pertussis (Tdap) then tetanus booster (Td or Tdap) every 10 years*

Shingles (at or after age 50)

*MMR**

One or 2 pneumonia shots

Follow the CDC COVID-19 vaccine guidance based on age and risk.

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 * then Td or Tdap every 10 years **

*Measles, Mumps, Rubella - MMR series **

*Chickenpox **

*Hepatitis B **

*Meningococcal ACYW ** and B vaccines ***

Follow the CDC COVID-19 vaccine guidance based on age and risk.



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