



GIVE IT A SHOT.

Stay up-to-date on immunizations

IMMUNIZATION CHART, AGES 7-22

Many preventive immunizations are covered 100 percent (at no charge) by most health plans. Check with your health insurance carrier to identify what is covered with your plan.

Every Year **Flu Shot**
Recommended yearly after 6 months of age.

11-12 years

__/__/__ Meningitis (Meningococcal: MenACWY)

__/__/__ Tetanus, diphtheria and pertussis (Tdap)
Tetanus booster shot every 10 years

__/__/__ Human papillomavirus (HPV)*
 prevents cancer
2 doses before age 15

16 years

__/__/__ Meningitis (Meningococcal: MenACWY)

__/__/__ Meningitis (Meningococcal B: MenB)**

22 years

__/__/__ One-time tetanus, diphtheria and pertussis booster (Tdap)

If pregnant

__/__/__ **WOMEN ONLY**
 Tetanus, diphtheria and pertussis (Tdap)
Recommended each pregnancy

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The list above shows the recommended age the dose of the vaccination may be given, although some may be given at different ages. Check with your provider.
 *If given to ages 15-26: HPV vaccine is given in 3 doses. Get first shot, wait 1-2 months; get second shot, wait 6 months; get third shot.
 **Check with your provider to see if the meningitis vaccine is recommended for your child.

Schedule immunizations today.

WHY IMMUNIZE?

-  **Protect your family:** Vaccines give you the power to protect yourself and your family from getting sick.
-  **They protect against serious illnesses** such as measles, mumps, tetanus, chicken pox, meningitis and more.
-  **Protect our society:** Diseases like polio, diphtheria and rubella are becoming rare due to vaccinations. Until we eliminate disease, it's important to keep immunizing.
-  **The CDC and FDA take many steps to make sure vaccines are very safe.** Vaccines have a low risk of adverse outcomes and the benefits greatly outweigh the risk.