

# VACCINES

Get your shots to stay healthy

Vaccines are shots that help keep you from getting sick

## WHY DO I NEED VACCINES?

In the United States, many diseases that once made people very sick are going away. One of the main reasons is the use of vaccines. Vaccines help to prevent diseases that can be passed from person to person. When you get the shots you need, you protect yourself and your loved ones from getting sick.

## HOW DO VACCINES WORK?

A vaccine is made from the same virus (also called germ) that causes the disease. The germ used to make the vaccine is either “dead” or weak. It will not make you sick. Instead, it will help your body fight off the germs and the diseases they cause.

## WHO NEEDS VACCINES?



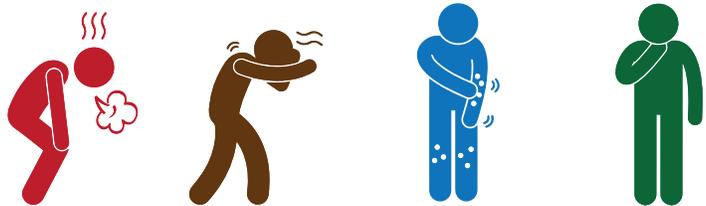
## ARE THERE SIDE EFFECTS?

Some people have minor side effects after getting their shots. These should go away in a day or two.



Pain/Redness Slight Rash Mild Fever

Some people have rare, bad side effects after getting their shots. Most times, they will happen a few minutes or a few hours after getting the shot.



Difficulty Breathing Feeling Dizzy Rash/Itching Throat Swelling

## WHAT VACCINES DO I NEED?

The table on the other side shows what shots adults and children need. Adults who didn't get all the shots as a child may need more shots. Talk to your doctor to find out which shots you need.

For more information, go to: [www.vaccines.gov](http://www.vaccines.gov)

My doctor's name:

My doctor's phone number:

# Get your shots to stay healthy

See your doctor for your check-ups and get any new shots you need.

The shots marked below are needed for: \_\_\_\_\_  
 (Name) \_\_\_\_\_ (Age)

Your next visit is: \_\_\_\_\_ (am/pm) \_\_\_\_\_  
 (Date) \_\_\_\_\_ (Time) \_\_\_\_\_ (Date of Birth)

Shots you need	What is it called?	Who needs it?			What disease does the shot help prevent?	What does the disease cause?
		Kids* Only	Kids & Adults	Adults Only		
<input type="checkbox"/>	DTaP or Td/Tdap		X		Diphtheria	Fever, sore throat and chills
					Tetanus	Painful muscle cramps and hard time breathing or swallowing
					Pertussis	Severe coughing and hard time breathing, eating and drinking
<input type="checkbox"/>	Flu		X		Flu	Infection of the nose, throat and lungs
<input type="checkbox"/>	HepA		X		Hepatitis A	Type of liver disease
<input type="checkbox"/>	HepB		X		Hepatitis B	Type of liver disease
<input type="checkbox"/>	Hib		X		Haemophilus influenza type b	Infection of the lining around the brain and spinal cord
<input type="checkbox"/>	HPV		X		Cervical cancer	Type of women's cancer
					Genital warts	Type of disease that can be spread through having sex
<input type="checkbox"/>	IPV	X			Polio	Body not being able to move or at times even breathe
<input type="checkbox"/>	MCV4		X		Meningococcal	Infection of the lining around the brain and spinal cord
<input type="checkbox"/>	MMR		X		Measles	Fever, rash, runny nose and cough
					Mumps	Fever, headache and swelling of the part of the mouth that makes saliva
					Rubella	Fever, swollen glands, and rashes
<input type="checkbox"/>	PCV		X		Pneumococcal	Infection of the lungs
<input type="checkbox"/>	RV	X			Rotavirus	Fever, throwing up and diarrhea
<input type="checkbox"/>	Varicella				Chickenpox	Itchy rashes all over the body
<input type="checkbox"/>	Zoster			X	Shingles	Painful rashes and blisters

\* Children age 0 to 18

Keep you and your loved ones healthy. Get your shots.