

# VACCINES

Get your shots to stay healthy

Vaccines are shots that help keep you from getting sick

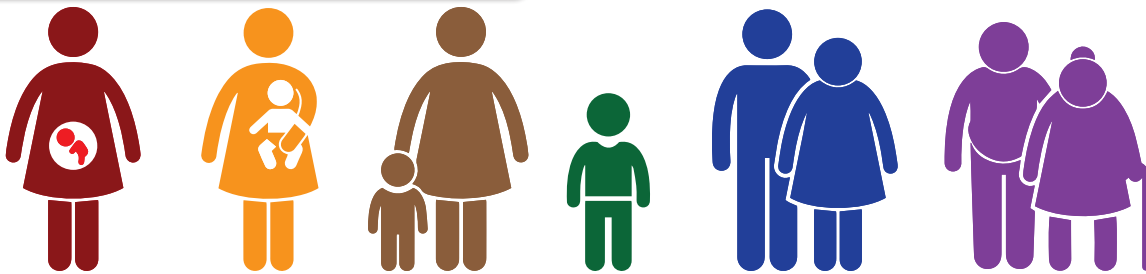
## WHY DO I NEED VACCINES?

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?



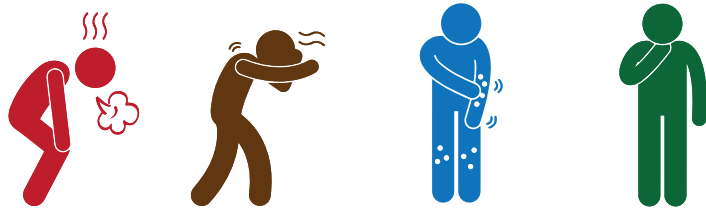
## ARE THERE SIDE EFFECTS?

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 checkups and get any new shots you need.

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

Your next visit is: \_\_\_\_\_ (a.m./p.m.) \_\_\_\_\_  
 \_\_\_\_\_ (Date) \_\_\_\_\_ (Time) \_\_\_\_\_ (Date of Birth)

What is it called?	Who needs it?			What disease does the shot help prevent?	What can the disease cause?
	Kids* Only	Kids & Adults	Adults Only		
<input type="checkbox"/> DTaP or Td/Tdap		X		Diphtheria	Fever, sore throat, feeling weak; can lead to heart and nerve damage
				Tetanus	Fever, stiff neck, hard time swallowing; can lead to a hard time breathing
				Pertussis	Severe cough, runny nose, pause in baby's breathing; can lead to lung infection
<input type="checkbox"/> Flu		X		Flu	Fever, sore throat, cough, muscle pain; can lead to lung infection
<input type="checkbox"/> HepA		X		Hepatitis A	Feeling tired, yellow eyes and skin; can lead to liver, kidney, and blood diseases
<input type="checkbox"/> HepB		X		Hepatitis B	Feeling weak, yellow eyes and skin; can lead to liver damage
<input type="checkbox"/> Hib		X		Haemophilus influenza type b	Can lead to infection of the lungs and lining around the brain and spinal cord
<input type="checkbox"/> HPV		X		Human papillomavirus	Genital warts; can lead to different types of cancer
<input type="checkbox"/> IPV	X			Polio	Sore throat, fever, and headache; can lead to the body not being able to move
<input checked="" type="checkbox"/> MenACWY or MenB		X		Meningococcal disease	Sudden fever and stiff neck; can lead to infection of the lining around the brain and spinal cord
<input type="checkbox"/> MMR		X		Measles	Fever, rash, runny nose, cough, and pink eye; can lead to lung infection
				Mumps	Fever, headache, and swelling of the glands that make saliva; can lead to infection of the lining around the brain and spinal cord
				Rubella	Fever, swollen glands, and rashes
<input checked="" type="checkbox"/> PCV13 or PPSV23		X		Pneumococcal disease	Lung infection; can lead to blood infection
<input checked="" type="checkbox"/> RV1 or RV5		X		Rotavirus	Fever, throwing up, and diarrhea
<input type="checkbox"/> Varicella	X			Chickenpox	Fever and itchy rashes
<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.