

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.



Vaccinations are safe: The CDC and FDA take many steps to make sure vaccines are very safe. The CDC also reports that there is absolutely no link between vaccines and autism.

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.

Schedule immunizations today.
Learn more at Avera.org/shots

Avera 

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GIVE IT A SHOT.

Stay up-to-date on immunizations

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ADULT IMMUNIZATION RECORD

Every Year

Flu Shot

Every Pregnancy

WOMEN ONLY

Tetanus, diphtheria and pertussis (Tdap)
Recommended each pregnancy

Any Age, ASAP

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- Chicken pox (Varicella: VAR)*
2 doses, 4 weeks apart. For certain adults, such as those who didn't have chicken pox as kids. Check with your provider.

in your 20s

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- One-time tetanus, diphtheria and pertussis booster (Tdap)
- MEN ONLY** 3 doses before age 22
Human papillomavirus (HPV)*
prevents cancer in women.
- WOMEN ONLY** 3 doses before age 27
Human papillomavirus (HPV)*
prevents cancer

in your 30s

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- Tetanus and diphtheria (Td)

in your 40s

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- Tetanus and diphtheria (Td)

50 - 64 years

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- Tetanus and diphtheria (Td)***
- Shingles (Zoster: Shingrix)
2 doses, 2-6 months apart. Recommended even if you previously received Zostavax

65+ years

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- Pneumonia (Pneumococcal 13)**
- Pneumonia (Pneumococcal 23)**

The list above shows the earliest age the dose of the vaccination may be given, although some may be given at different ages - check with your provider.

*This vaccination is only necessary if you didn't receive it as a child.

**May be given earlier to special populations, such as those with heart disease, lung disease, sickle cell disease, diabetes, alcoholism, cirrhosis, a disease or condition that lowers the body's resistance to infection, and those who smoke.

*** This booster is recommended every 10 years throughout your life.