



# GIVE IT A SHOT.

Stay up-to-date on immunizations



## 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.



Vaccines are safe: The CDC and FDA take many steps to make sure vaccines are very safe. Vaccines have low risk of adverse outcomes and the benefits greatly outweigh the risks.

## ADULT IMMUNIZATION CHART

Many preventive immunizations are covered 100% (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
Every Pregnancy	<b>WOMEN ONLY</b> Tetanus, diphtheria and pertussis (Tdap) <i>Recommended each pregnancy</i>
Any Age, ASAP	Chicken pox (Varicella: VAR) <sup>1</sup> <i>2 doses, 4 weeks apart. For certain adults, such as those who didn't have chicken pox as kids. Check with your provider.</i>
in your 20s	<ul style="list-style-type: none"> <li>One-time tetanus, diphtheria and pertussis booster (Tdap)</li> <li>Human papillomavirus virus (HPV)<sup>1</sup> prevents cancer 3 doses if first dose was at age 15 or older. 2 doses if first dose was at age 14 or younger.</li> </ul>
in your 30s	Tetanus and diphtheria (Td)
in your 40s	Tetanus and diphtheria (Td)
50 - 64 years	<ul style="list-style-type: none"> <li>Shingles (Zoster: Shingrix) <i>2 doses, 2-6 months apart. Recommended even if you previously received Zostavax</i></li> <li>Tetanus and diphtheria (Td)<sup>3</sup></li> </ul>
65+ years	Pneumonia (Pneumococcal 13) <sup>4</sup> Pneumonia (Pneumococcal 23) <sup>2</sup>

1. This vaccination is only necessary if you didn't receive it as a child.
2. 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.
3. This booster is recommended every 10 years throughout your life.
4. Check with your provider to see if Pneumococcal 13 is recommended for you, based on risk and shared decision making with your provider.

**Schedule immunizations today.**  
Learn more at [Avera.org/shots](http://Avera.org/shots)