

The decision to vaccinate is an important one.

Reasons you should choose to vaccinate:

- Vaccines save lives and have a proven track record of preventing illnesses and lifelong disabilities.
- Vaccines are the most effective way to build immunity/protection to a disease without suffering from the harmful effects of the disease.
- By choosing to vaccinate, you help stop the spread of disease to the most vulnerable people.
- You will never outgrow your need for vaccines. It's important to get recommended vaccines throughout your life in order to keep your protection high.

Talk with a health care provider about vaccines recommended for you and your family.



Are you traveling?

If you are traveling outside the U.S., you may need vaccines to protect yourself against diseases that are common in other parts of the world.

Ask your health care provider or local health department if you have questions about which vaccines are recommended. Find more information about travel immunizations at doh.wa.gov/immunization-travelers.

Access your family's vaccine records by signing up for MyIR Mobile.

It's important to keep vaccine records for you and your family. You may need these records for child care, school, camp, college, the military, travel, or employment.

If you don't have these records, you can get copies from your doctor's office, your child's school, the Department of Health, or sign up online for MyIR Mobile.



MyIR Mobile

Go to myirmobile.com and follow the registration instructions. Your registration information is matched to your records with the state immunization registry. Once registration is complete, you'll be able to view your immunization records, Certificate of Immunization Status (CIS), and access your COVID-19 vaccination certificate.



More Information

For help finding a vaccine provider and other resources, call the Help Me Grow Washington Hotline at 1-800-322-2588 or visit helpmegrowwa.org.

For tips on how to search for reliable vaccine information: bit.ly/4LYPxCx

State Resources

- Washington State Department of Health: doh.wa.gov/immunization
- Find your local health department: doh.wa.gov/localhealth
- Plain Talk About Childhood Immunization: doh.wa.gov/plain-talk-about-imms

National Resources

- Immunize.org: vaccineinformation.org
- National Foundation for Infectious Diseases: nfid.org/immunization
- Vaccinate Your Family: vaccinateyourfamily.org



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Immunizations at Every Age



Infants and Young Children

Vaccines can prevent serious diseases. Infants and young children are often at high risk of serious problems if they get these diseases. **Get all vaccines on time** for the best protection.

The following vaccines are recommended from birth through three years:

Birth through 3 Years

- Hepatitis B
- RSV (respiratory syncytial virus)
- DTaP (diphtheria, tetanus, and pertussis/ whooping cough)
- Hib (*Haemophilus influenzae* type b)
- Polio
- Pneumococcal
- Rotavirus
- COVID-19
- Flu, yearly
- Chickenpox
- Hepatitis A
- MMR (measles, mumps, and rubella)



Pregnant People

Getting recommended vaccines before or while you are pregnant helps protect both you and your baby from serious diseases that can make you and your baby very sick.

- COVID-19, 1 dose during each pregnancy
- Flu, 1 dose during each pregnancy
- RSV, 1 dose during pregnancy. In subsequent pregnancies, give infant RSV vaccine.
- Tdap, 1 dose during each pregnancy

Child Care/School Age Children

Children in group settings, like child care and school, are often exposed to diseases. To help your child stay healthy and up to date, the following vaccines are recommended:

4 through 6 Years

- COVID-19
- Chickenpox
- DTaP
- Flu, yearly
- MMR
- Polio



7 through 10 Years

- COVID-19
- Flu, yearly
- HPV (human papillomavirus) - vaccination can begin at age 9
- Tdap (tetanus, diphtheria, and pertussis - if any dose of DTaP was missed)

People with Health Conditions

People at any age who have certain health conditions may need more vaccines. Ask your health care provider which vaccines you need if you have any of these health conditions.

- Diabetes (type 1 and type 2)
- Heart disease, stroke, or other cardiovascular disease
- HIV
- Kidney disease
- Liver disease
- Lung disease, including asthma
- Not having a spleen
- Weakened immune system (like from cancer)

Tweens, Teens, and Young Adults

Tweens, teens and young adults also need vaccines to protect themselves and others against disease. The following vaccines are recommended for these groups of people:

11 through 12 Years

- COVID-19
- Flu, yearly
- HPV
- Meningococcal
- Tdap

13 through 18 Years

- COVID-19
- Flu, yearly
- Meningococcal ACWY, dose 2
- Meningococcal B (preferred at age 16-18)
- Meningococcal ABCWY (can be given instead of MenACWY and MenB vaccines when both of those vaccines are being given at the same visit)

19 through 26 Years

- COVID-19
- Flu, yearly
- HPV (if you were not vaccinated at a younger age)
- Td, every 10 years (Tdap may be substituted)



Adults and Seniors

By being vaccinated, adults help protect themselves and people around them, especially infants and people with chronic conditions or weak immune systems.

Some vaccinations are recommended for adults with certain health conditions, jobs, or lifestyles. Others are recommended specifically for seniors. Talk to your health care provider about these vaccines:

27 through 59 Years

- COVID-19
- Flu, yearly
- Pneumococcal, age 50 and up
- Shingles, age 50 and up
- Td, every 10 years (Tdap may be substituted)

60+ Years

- COVID-19
- Flu, yearly
- Pneumococcal
- RSV
- Shingles
- Td/Tdap, every 10 years

