

# RECOMMENDED VACCINES FOR HEALTH CARE WORKERS

**ITS TIME FOR YOUR  
FLU, TDAP, AND  
COVID-19 VACCINES!**



**Make sure you and your  
patients are up to date.  
*Don't wait. Vaccinate!***

**Protect yourself, your family, and your patients against influenza (flu), COVID-19, and pertussis (whooping cough) with recommended vaccines.**

## **Protect Yourself**

Health care providers are more likely to get flu, COVID-19, and whooping cough than other adults. They can easily spread it to patients and family members

## **Its especially important to get flu, COVID-19 and Tdap shots if:**

- You have direct patient contact, especially with infants 12 months and younger. Babies are at high risk of hospitalization and death from flu and whooping cough, and may be too young to get vaccinated.
- You are pregnant—get the flu shot in any trimester of pregnancy and a Tdap shot early in your third trimester (with each pregnancy).

## **Protect your family and patients**

You can spread flu, COVID-19, or whooping cough to your family and patients before you know you are sick. They could become seriously ill and miss work or school.

You are a trusted member of the community. You have a professional and ethical responsibility to prevent the spread of infectious diseases to the people you serve. Vaccination is prevention!

Help lower the impact of flu, COVID-19, and whooping cough in your practice and in your community by:

- Getting vaccinated.
- Recommending and offering these vaccines.



QUESTIONS? Visit [www.doh.wa.gov/immunization](http://www.doh.wa.gov/immunization) or email Office of Immunization at [OI@doh.wa.gov](mailto:OI@doh.wa.gov).