

Protect your family and community

Are you traveling?



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

Ask your doctor, nurse, or local health department if you have questions about which immunizations are recommended. Find more information about travel immunizations at www.cdc.gov/travel.

Keep a copy of your immunization records

It's important to keep immunization records for you and your child. 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 or request them from the Washington State Immunization Information System. For more information call 1-800-325-5599 or visit www.doh.wa.gov/MyIR.



Get all recommended immunizations on time.

They help keep you healthy and stop the spread of disease to your family and community.

Some diseases, like whooping cough and measles, spread very easily.

People who aren't immunized put themselves and others at risk of getting the diseases that vaccines prevent.

It only takes a small number of unprotected people to cause a disease outbreak.



More information

For help finding an immunization provider, call Family Health Hotline at 1-800-322-2588.

For tips on how to search for reliable immunization information: www.cdc.gov/vaccines/vac-gen/evalwebs.htm

State Resources

- Washington State Department of Health: www.doh.wa.gov/immunization
- Immunization Action Coalition of Washington: <http://www.withinreachwa.org/iacw>
- Find your local health department: www.doh.wa.gov/localhealth
- Plain Talk About Childhood Immunization: www.doh.wa.gov/Publications/Immunizations

National Resources

- Centers for Disease Control and Prevention: www.cdc.gov/vaccines
- U.S. Department of Health and Human Services: www.vaccines.gov



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If you have a disability and need this document in another format, please call 1-800-525-0127 (TDD/TTY call 711).

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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 immunizations on time** for best protection.

The following vaccines are recommended from birth through three years:

Birth through 3 Years

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



Child Care and 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

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

7 through 10 Years

- Flu, yearly
- Tdap (tetanus, diphtheria, pertussis/whooping cough – if any dose of DTaP was missed)

People at any age who have certain health conditions may need more vaccines. Ask your healthcare provider.



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

- Flu, yearly
- HPV (human papillomavirus)
- Meningococcal
- Tdap

13 through 18 Years

- Flu, yearly
- Meningococcal, booster dose

19 through 26 Years

- Flu, yearly
- Td, every 10 years (Tdap may be substituted).
- Tdap, 1 dose during each pregnancy.



Adults and Seniors

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

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

27 through 59 Years

- Flu, yearly
- Shingles, age 50 and up
- Td, every 10 years for everyone (Tdap may be substituted).
- Tdap, 1 dose during each pregnancy.

60+ Years

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

For people of all ages: More vaccines may be needed if any were missed. Catch up now!

