Protect **you**rselves, your **fami**ly, and your **commu**nity by keeping your immunization record up-to-date

After **YO**U receive any immunization:

- **✓** Ask your pharmacist and other health care providers to **UPDATE** your Immunization Record Card
- **✓** Ask your pharmacist and other health care providers to **REPORT** the vaccination to the Immunization Registry
- **✓** **CARRY** and **SHARE** your updated Immunization Record / Card with every member of your health care team

**✓** Check the CDC Immunization recommendations below!

**Recommended to All Adults**
*(During your lifetime: Talk to your healthcare provider to find out if you need these recommended vaccines)*
- Flu
- Measles, Mumps, Rubella (MMR)
- Meningitis
- Human Papilloma Virus
- Chickenpox
- Tetanus, Diphtheria, Whooping Cough (Td/Tdap)

**Recommended for Older Adults**
- Shingles (> 60 years)
- Pneumococcal (> 65 years)

**Special Recommendations**
*(People with certain health conditions may need these vaccines)*
- Pneumococcal
- Hepatitis A or B
- Meningitis

Receive your recommended immunizations. Have your immunization record updated. Help keep **you**rself, your **fami**ly, and **commu**nity healthy.

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