



# Keep Vaccine Between You & Disease



[www.ImmunizeFlorida.org](http://www.ImmunizeFlorida.org)

**Vaccines aren't over because you're an adult.** You need protection from diseases like pneumonia, tetanus, pertussis and the flu.

Complications from childhood disease can be more severe in adults so check with your health care provider and make sure you're up-to-date!

## VACCINES FOR ADULTS AGE 19+

**Influenza vaccine protects you from seasonal flu.** Recommended yearly for everyone age 6 months and older.

**Pneumococcal vaccine protects you from pneumonia.** Recommended for adults 65+ and for those who have certain chronic health conditions.

**Tdap vaccine protects you from tetanus, diphtheria & pertussis.** Adults age 19–64 should receive one dose of tetanus-diphtheria-pertussis (Tdap) vaccine. Pregnant women should receive Tdap with every pregnancy. A tetanus-diphtheria (Td) booster should be received every 10 years after that.

**Herpes zoster vaccine protects you from shingles.** Recommended for adults 60+.

**Hep A and/or Hep B vaccines protect you from hepatitis A and/or B infection.** If you did not receive these vaccines when you were younger, talk to your health care provider.

**Meningococcal vaccines protect you from meningococcal meningitis.** If you did not receive these vaccines when you were younger, talk to your health care provider.

CONTINUED ON BACK

VACCINE	DATE GIVEN	HEALTH CARE PROVIDER	NEXT DUE DATE	VACCINE	DATE GIVEN	HEALTH CARE PROVIDER	NEXT DUE DATE
1	*Hep B			1	Tdap		
2	*Hep B			1	Td, tetanus booster		every 10 years
3	*Hep B			2	Td, tetanus booster		every 10 years
1	*Hep A			1	Flu (IV/LAIV)		
2	*Hep A			2	Flu (IV/LAIV)		
1	*Meningococcal			3	Flu (IV/LAIV)		
2	*Meningococcal			4	Flu (IV/LAIV)		
1	Varicella			5	Flu (IV/LAIV)		
2	Varicella			6	Flu (IV/LAIV)		
1	Zoster			7	Flu (IV/LAIV)		
1	HPV			8	Flu (IV/LAIV)		
2	HPV			9	Flu (IV/LAIV)		
3	HPV			10	Flu (IV/LAIV)		
1	MMR			Other			
2	MMR			Other			
1	Pneumococcal			Other			
2	Pneumococcal			Other			
3	Pneumococcal			Other			

\*If medically needed.



The top of this card can serve as your personal vaccine record.

Cut along the dashed line and fold in half along the dark blue line.

- Take your vaccine record to every appointment you have with your health care provider so it can be updated.
- Keep your vaccine record in a safe place.
- Download "CDC Vaccine Schedules," free for iOS and Android devices.

For detailed information on vaccines, visit [www.cdc.gov](http://www.cdc.gov).

Learn more about vaccines in Florida, visit [www.ImmunizeFlorida.org](http://www.ImmunizeFlorida.org) or call 850-245-4342.

FROM FRONT

**MMR vaccine protects you from measles, mumps & rubella.** Recommended for all adults born after 1957 who did not receive it when they were younger or have not had the diseases.

**HPV vaccines protect you from the human papillomavirus.** Recommended for girls and women age 11–26, and boys and men age 11–21, who did not receive the vaccine when they were younger.

**Varicella vaccine protects you from chickenpox.** Recommended for all adults who did not receive it when they were younger or did not have the chickenpox.