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ARE YOU UP-TO-DATE ON YOUR VACCINES?

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Tallahassee, Fla.—Florida Health wants to help you check up on your vaccinations. Vaccines aren't just for children; they protect adults from diseases like pneumonia, tetanus and the flu during our lifetime. Adults can experience severe complications from childhood diseases, so it's important to know if you are up-to-date.

"I urge Florida's residents and visitors to discuss age-specific recommended vaccines with your healthcare professional," said State Surgeon General and Secretary of Health Dr. John Armstrong. "Vaccines help us to live longer and healthier lives when kept up-to-date."

The Centers for Disease Control and Prevention recommend the seasonal flu vaccine annually and the tetanus shot every ten years for all adults. In addition, certain vaccines are necessary based on factors such as age, lifestyle, health conditions, occupation and travel. Vaccines are particularly important for those with chronic conditions, who can develop complications from vaccine-preventable diseases.

Florida SHOTS registry allows you to access your immunization records online at no cost. Florida's 67 health departments along with thousands of private practices are enrolled in Florida SHOTS to help you keep track of your records. There are a number of benefits to using the registry, including access to your vaccination history in the case of a natural disaster.

Click here to view the department's public service announcement on keeping vaccine between you and disease.

Click here to download an adult vaccine card to keep track of your immunizations.

For more about vaccination schedules by age group, please visit the CDC website. You can also download an immunization-related iPhone mobile app to help track the vaccinations you receive.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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