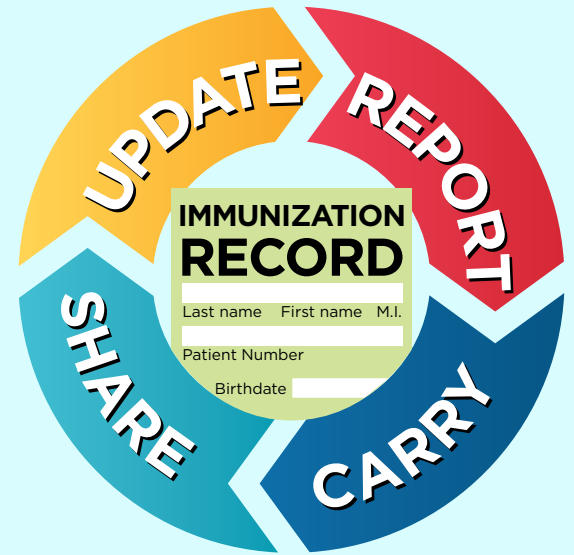


# Protect **yourself**, your **family**, and your **community** by keeping your immunization record up-to-date



After **YOU** 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



Receive **your** recommended immunizations.  
Have **your** immunization record updated.  
Help keep **yourself**, your **family**, and **community** healthy.

- 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