Are you up to date on your vaccines?

Tuba City Regional Health Care Corporation

CENTER FOR INDIGENOUS HEALTH

FORT DEFIANCE INDIAN HOSPITAL BOARD, INC.

Vaccines help **protect** you and those around you **against disease.**

Following the recommended vaccine schedule can help our community stay healthy.

PREGNANCY & BIRTH

- ☐ Tdap
- ☐ RSV (during pregnancy or for baby at birth if during RSV season*)
- ☐ Hepatitis B (for baby at birth)

6-8 WEEKS

- ☐ DTaP
- ☐ Hib
- ☐ Hepatitis B
- ☐ Polio
- ☐ Pneumococcal
- ☐ Rotavirus

*RSV

4 MONTHS

- ☐ DTaP
- ☐ Hib
- ☐ Polio
- ☐ Pneumococcal
- ☐ Rotavirus

*RSV

6 MONTHS

- ☐ DTaP
- ☐ Hib
- ☐ Polio
- ☐ Pneumococcal
- ☐ Hepatitis B

*RSV

12-15 MONTHS

- ☐ Hib
- ☐ Pneumococcal
- ☐ MMR
- ☐ Chickenpox
- ☐ Hepatitis A

*RSV

18-24 MONTHS

- ☐ DTaP
- ☐ Hepatitis A

*RSV

4-6 YEARS

- ☐ DTaP
- ☐ Polio
- ☐ MMR
- ☐ Chickenpox

11-17 YEARS

- ☐ Tdap
- ☐ HPV
- ☐ Meningococcal

RSV**

18-49 YEARS

- ☐ Tdap once, then Tdap booster every 10 years
- ☐ Pneumococcal**
- ☐ RSV**
- ☐ Shingles**

If not given earlier:

- ☐ Hepatitis B
- ☐ Hepatitis A**
- ☐ HPV

50+ YEARS

- ☐ Pneumococcal
- ☐ Shingles
- ☐ Tdap booster every 10 years
- ☐ RSV (all adults 75 and older and adults 50–74 who are at increased risk for severe RSV)**

Vaccine recommendations can vary based on your health status. Talk to your provider about getting vaccinated.

***Babies should be protected against RSV either by a vaccine given in pregnancy or an RSV shot given after birth. Children 8-19 months should get an RSV shot for their 2nd fall season to protect against serious RSV disease.**

Everyone 6 months and older should get the flu shot each year, including during pregnancy. Everyone 6 months and older should get at least 1 shot of the current COVID-19 vaccine, including during pregnancy†.

Vaccine abbreviations: DTaP: diphtheria, tetanus, pertussis; Hib: *Haemophilus influenzae* type b; HPV: human papillomavirus; MMR: measles, mumps, rubella; RSV: respiratory syncytial virus; Tdap: tetanus, diphtheria, pertussis

******Vaccine recommended for people who are immunocompromised (have a weakened immune system) and may be recommended for people with certain conditions like cigarette smoking, diabetes, alcohol use disorder, or chronic heart, liver, or lung disease. Consult your provider for more information.

†Consult your provider for more information on the most up to date vaccine recommendations.

Based on guidance from the CDC, American Academy of Family Physicians, American Academy of Pediatrics, American College of Obstetrics and Gynecology.

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