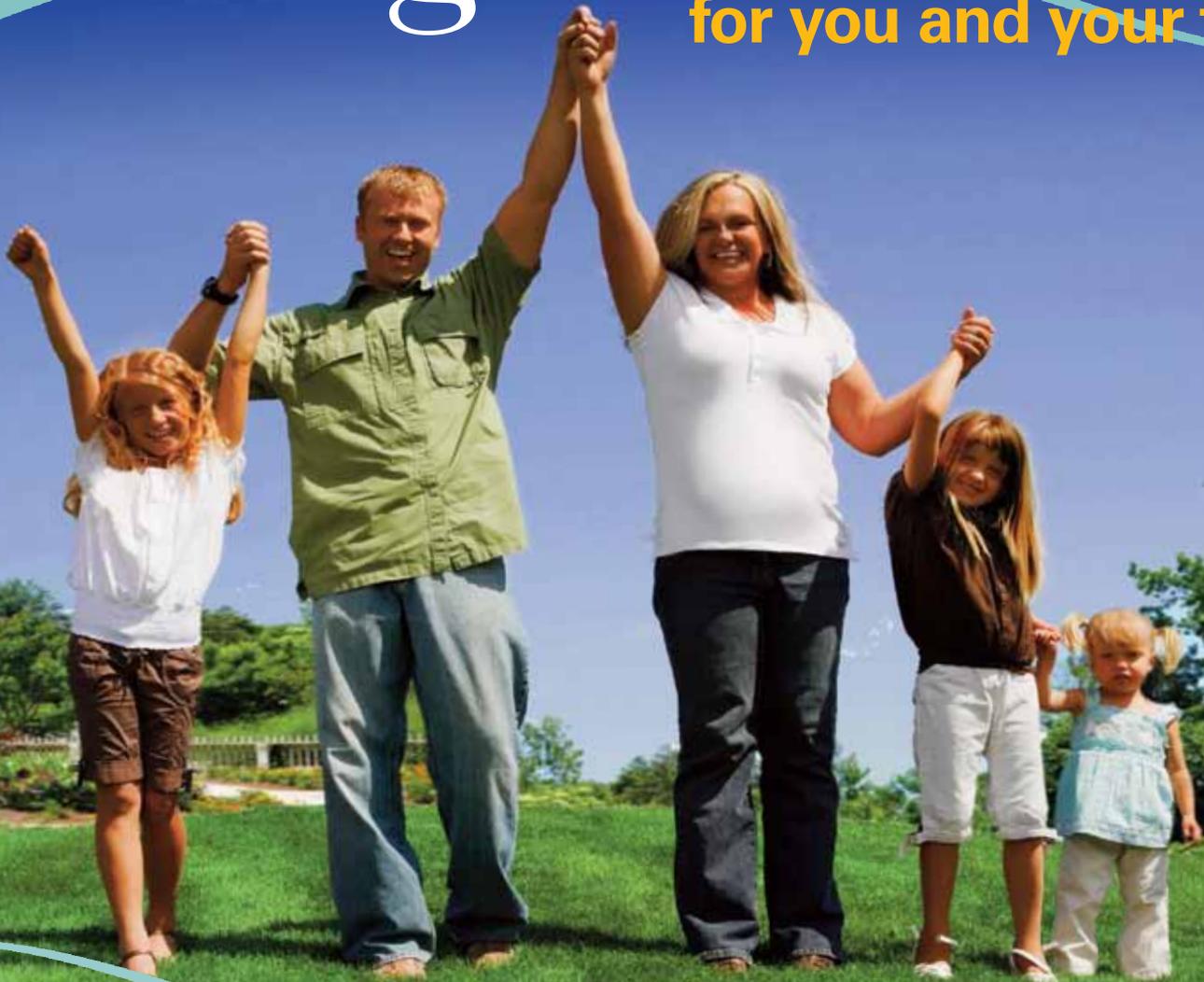


Whether you're an expecting or new parent, the parent of teen-agers, or a caregiver for adults in your family, one thing that you need to keep up with is vaccination schedules. Vaccines work to protect infants, children, and adults from illnesses and death caused by infectious disease.

Protect your family and tell your friends that it is always better to prevent a disease than to treat it — be well, pass it on.

Vaccines are given at various doses on varying schedules. Consult your healthcare provider for specifics for you and your family.

Calling the shots for you and your family



Worried about the flu this season?

Flu prevention can and should be part of your overall plan for health and wellness.

The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months



get an annual flu vaccine. The vaccine contains inactive flu viruses that will not cause the flu, but will prepare your body to fight off infection and protect you against the live flu virus. Annual vaccination is recommended because the protection wears off and flu viruses constantly change.

If you are pregnant or are concerned with the preservative called thimerosal (a mercury compound), thimerosal-free vaccines are available, so ask your healthcare provider about your options.

People at high risk who should get vaccinated each year are:

- Women who are pregnant
- People age 50 or older
- Those with other health problems
- Caregivers who live with or care for those at high risk for complications from flu
- College students



Vaccination Recommendations by Life Stage:

Birth to 23 months

- Hepatitis B
- Rotavirus
- DTaP (Diphtheria, Tetanus, and Pertussis)
- Hib (Haemophilus influenzae type b)
- PCV (Pneumococcal conjugate)
- IPV (Inactivated Poliovirus)
- Influenza-Recommended annually for all children older than six months
- MMR (Measles, Mumps, and Rubella)
- Varicella (Chickenpox)
- Hepatitis A

2 to 6 years

- DTaP
- PPSV (Pneumococcal polysaccharide) [in certain high risk groups]
- IPV
- Influenza-Recommended annually
- MMR
- Varicella
- Hepatitis A [in certain high risk groups]
- MCV (Meningococcal) [in certain high risk groups]

7 to 12 years (up to 18 years for catch-up vaccinations)

- Tdap (Tetanus, Diphtheria, and Pertussis)
- HPV (Human Papillomavirus) - For girls only
- MCV - Required by many camps and colleges
- Influenza-Recommended annually
- PPSV [in certain high risk groups]
- Hepatitis A [in certain high risk groups]
- Hepatitis B - For catch-up
- IPV - For catch up
- MMR - For catch up
- Varicella - For catch up

Over 18

- Td/Tdap
- HPV
- Varicella [Not for those who are pregnant or with certain immune compromising conditions]
- Zoster [Not for those who are pregnant or with certain immune compromising conditions]
- MMR [Not for those who are pregnant or with certain immune compromising conditions]
- Influenza-Recommended annually
- PPSV [in certain high risk groups]
- Hepatitis A [in certain high risk groups]
- Hepatitis B - For catch-up
- MCV - For catch up

For complete immunization schedules visit www.cdc.gov/vaccines/recs/schedules/.

For more information on how to stay healthy in each decade of your life visit spiritofwomen.com/lifestage

Sources: Center for Disease Control and Prevention, Archives of Pediatric and Adolescent Medicine



Calling the Shots for You and Your Family is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

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