

Vaccines are an important part of wellness for all ages.

Take the next step in prevention...

No matter what age you are or what stage of life you are in, it is important to talk to your doctor about vaccines.

Vaccines can help prevent many diseases in people of all ages.



Infants

Many diseases can strike at an early age. Among infants and young children, some diseases for which vaccines are available can be more common and potentially serious.

To help avoid these health risks, make sure infants get their shots according to the recommended schedule for their age.

Day Care & School-age Children

Diseases can be spread at day care and in classrooms. Children in group settings may be exposed to diseases. That's why it is important for their shots to be up-to-date.

To help avoid these diseases, make sure your child has all the shots recommended for his or her age. If your child missed any shots, ask the doctor about how to catch up now.

Adolescents & Teens

Regular checkups aren't usually the first thing in mind for busy pre-teens and teens. But their health is too important to ignore. As kids get older, the immunity provided by some of the vaccines given during childhood can begin to wear off. During these busy growing years, take the time to catch up on all recommended shots.

Adults

Vaccination is not just for children. It is also important for adults.

As you age, your immune system simply can't fight off disease like it used to. It could use some help. Vaccines can help prevent certain diseases in adults. Some shots are needed only once and others are needed more than once. Your doctor can help you decide what vaccines to get, depending on your age, general health, lifestyle, or job.

Ask your doctor about how to help protect yourself and your loved ones against certain diseases.