

The Importance of Getting Vaccines

- Protect yourself and others (especially babies, children, older adults and people with low immunity) from vaccine-preventable disease.
- · Avoid missing work or school.
- Stay well and out of the hospital.
- Build your immunity.
- Prevent severe illness and death.



Always check with your healthcare provider about which vaccines are right for you.

Travel and Vaccine Requirements

Always check on vaccine requirements and recommendations before leaving the country. The most common required vaccines are malaria, cholera, typhoid, encephalitis and COVID-19. These sites have information about vaccine, water precaution, diarrhea prevention, food concern, travel alert traveling safely with children and infants.

- https://wwwnc.cdc.gov/travel/destinations/list
- https://www.dshs.texas.gov/idps-home/international-travel-idps
- https://www.passporthealthusa.com/vaccinations/?paid=18-satid=3508gclid=EAlalQobChMI1OSbtvTRhgMVZCGHAx3C8w0GEAAYASAAEgJnVPD_BwE

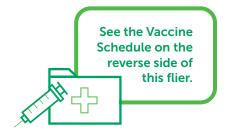


For more information about vaccines, go to https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html

Your Vaccine Record

For a copy of your immunization record:

- Ask your parent or guardian for your records.
- Ask your provider or former pediatrician.
- Ask your elementary, secondary or high school.
- Fill out the <u>linked form</u> (https://www dshs.texas.gov/sites/default/files/LIDS-Immunizations/pdf/pdf_stock/F11-11406.pdf) and submit to <u>ImmTrac2@dshs.texas.gov</u> or mail to the address in the "Contact" section.





2024 CDC Recommended Adult Vaccine Schedule

Vaccine	19-26 years	27-49 years	50-64 ye	ears	≥65 years
COVID-19	1 or more doses of updated (2023-2024 Formula) vaccine				
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose every year				
Flu (LAIV4)	1 dose				
Respiratory Syncytial Virus (RSV)	Seasonal administration during pregnancy		у		≥60 years
Tetanus, dptheria, pertusis (Tdapor Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management				
	1 dose Tdap, then Td or Tdap booster every 10 years				
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later) For healthcare personnel				
Varicella (VAR) chickenpox	2 doses (if born	in 1980 or later)	2 doses		
Zoster recombinant (RZV) shingles	2 d immunocompr		2 doses		
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years			
Pneumococcal Pneumonia (PCV15, PCV20, PPSV23)					
Hepatitus A (HepA)	2, 3, or 4 doses depending on vaccine				
Hepatitus B (HepB)	2, 3, or 4 doses depending on vaccine or condition				
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations				
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations				
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication				
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LEGEND

Recommended vaccines for adults who meet the age requirement, or do not have documented proof of the vaccine or immunity.

Recommended vaccines for adults with a risk factor or other indication.

Discuss these vaccines with your doctor to make the best decision for you.

Usually not or not recommended or applicable.*

SOURCES

https://wwwnc.cdc.gov/travel/destinations/list

https://www.cdc.gov/vaccines-adults/index.html

https://www.cdc.gov/vaccines-adults/reasons/index.html

 $\underline{\text{https://www.dshs.texas.gov/idps-home/international-travel-idps}}$

 $\underline{\text{https://www.dshs.texas.gov/sites/default/files/LIDS-Immunizations/pdf/pdf_stock/F11-11406.pdf}$