



## What do flu, whooping cough, measles, shingles and pneumonia have in common?

- 1 They're viruses that can make you very sick.
- 2 Vaccines can help prevent them.

## Protect yourself and those you care about. Get vaccinated at a network pharmacy near you.

- Ask your pharmacist which vaccines are right for you.
- Find out if your pharmacist can administer the recommended vaccinations.
- Many vaccinations are covered by your plan at participating retail pharmacies.
- Don't forget to present your member ID card to the pharmacist at the time of service!

The following vaccines are available and can be administered by pharmacists at participating network pharmacies:

- |                                |                   |   |
|--------------------------------|-------------------|---|
| • Flu (seasonal influenza)     | • Meningitis      | • Travel Vaccines (typhoid, yellow fever, etc.) |
| • Tetanus/Diphtheria/Pertussis | • Pneumonia       | • Childhood Vaccines (MMR, etc.)                |
| • Hepatitis                    | • Rabies          |   |
| • Human Papillomavirus (HPV)   | • Shingles/Zoster |   |

*See other side for recommended adult vaccinations.*

## The vaccinations you need

ALL adults should get vaccinated for<sup>1</sup>:

- **Flu, every year.** It's especially important for pregnant women, older adults and people with chronic health conditions.
- **Tetanus, diphtheria and pertussis (whooping cough).** Adults should get a one-time dose of the Tdap vaccine. It's different from the tetanus vaccine (Td), which is given every 10 years.

You may need additional vaccinations depending on your age<sup>1</sup>:

### Young adults not yet vaccinated need:

Human papillomavirus (HPV) vaccine series (3 doses) if you are:

- Female age 26 or younger
- Male age 21 or younger
- Male age 26 or younger who has sex with men, who is immunocompromised or who has HIV

### Adults born in the U.S. in 1957 or after need:

Measles, mumps, rubella (MMR) vaccine<sup>2</sup>

Adults should get at least one dose of MMR vaccine, unless they've already gotten this vaccine or have immunity to measles, mumps and rubella

### Adults born in the U.S. in 1980 or after need:

Varicella "chickenpox" vaccine<sup>2</sup>

Adults should get 2 doses of chickenpox vaccine unless they've already gotten both doses or have immunity to chickenpox

### Adults 60 years of age and older need:

Zoster "shingles" vaccine<sup>2</sup> (1 dose)

### Adults 65 years of age and older need:

Pneumococcal polysaccharide vaccine (1 dose)

1. Centers for Disease Control and Prevention. <http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>. Accessed July 31, 2014.

2. Live vaccines should not be given to people who have a very weakened immune system, including those with a CD4 count less than 200, or to pregnant women.

Know the facts. Go to [vaccines.gov](http://vaccines.gov) or [cdc.gov/vaccines](http://cdc.gov/vaccines).