

# PROVIDING CARE & PROTECTION



## Dear Parents and Guardians,

You do so much to safeguard your child's environment and to ensure your children have the best health and development possible. As you prepare for all outcomes, don't forget about your own vaccine needs. Every year, tens of thousands of **adults** needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

### ⌵ **Adults Need Vaccines, Too**

Protect yourself and those that you love by practicing and promoting healthy behaviors. All adults should get an annual flu vaccine to protect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis (whooping cough). You may also need other vaccines based on your age, health conditions, occupation and other factors. Some of the additional vaccines you may need include hepatitis A and B, human papillomavirus (HPV), varicella, meningococcal, pneumococcal, or shingles vaccines.

Take the quiz to find out which vaccines you may need: <http://www2a.cdc.gov/nip/adultimmsched/>

### ⌵ **Additional Prevention Measures**

In addition to getting vaccinated, other ways that you can role model positive health behaviors for your children include: staying home when sick, covering your nose and mouth with a tissue when you cough or sneeze, washing your hands often with soap and water, and disinfecting surfaces or objects frequently.

### ⌵ **Don't Wait - Get Vaccinated**

Getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, health clinics, workplaces, and health departments. Visit [vaccine.healthmap.org](http://vaccine.healthmap.org) to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance provider can give you the details.

**Protect your loved ones. Protect your co-workers.  
Protect you community. Protect yourself.**