

## Are you up to date with all your vaccines?



Vaccines can prevent diseases that can cause chronic illness, disability or even death. Everyone is focused on the COVID-19 vaccines right now. But there are other vaccines you may need to help protect your health.

Some childhood vaccines can wear off over time, and you may need a booster shot. Or, you may need other vaccines to prevent illness now that you're an adult. Talk to your doctor about which vaccines you may need and when.

	Who should get it?	When?
<b>Hepatitis A</b>	People of any age who: <ul style="list-style-type: none"> <li>• Live or travel where there are high rates of the disease</li> <li>• Have liver disease or HIV</li> <li>• Use street drugs</li> </ul>	Two doses are needed. The first dose can be given any time after the age of 1. The second dose is at least six months after the first dose.
<b>Hepatitis B</b>	People of any age who: <ul style="list-style-type: none"> <li>• Are health care workers or first responders</li> <li>• Have diabetes</li> <li>• Have liver disease</li> <li>• Have or are being treated for STDs, HIV or Substance Use Disorder</li> </ul>	Three doses are needed. The second dose is one month after the first dose. The third dose is at least two months after the second dose and at least four months after the first dose.
<b>HPV (Human Papillomavirus)</b>	Young men and women.	Usually around age 11 or 12, but any time up to age 26. Preferably before becoming sexually active. Two doses are needed. The second shot is six to 12 months after the first.
<b>Influenza</b>	All adults, unless there is a medical reason not to.	Once every year. Flu season is generally from September through May, with the worst of it usually between November and February. Aim for October.
<b>Meningococcal</b>	Adults who did not receive the vaccine as a child if they: <ul style="list-style-type: none"> <li>• Are a college student living in a dorm</li> <li>• Are in the military</li> <li>• Have a damaged spleen or had the spleen removed</li> <li>• Are immunocompromised</li> </ul>	Most people receive this shot at age 11 or 12 with a booster at age 16. Your doctor might recommend a booster during adulthood depending on your circumstances.
<b>MMR (Measles, Mumps, Rubella)</b>	All adults, except pregnant women, who were born after 1957, have never had measles, mumps or rubella, and don't have immunity to them.	Usually in childhood. If getting the vaccine as an adult, one shot, sometimes followed by a booster at least four weeks later. Women who plan to become pregnant should get it at least four weeks prior to becoming pregnant.
<b>Pneumococcal</b>	Adults age 65 and older, plus adults under age 65 who: <ul style="list-style-type: none"> <li>• Have certain chronic illnesses, including diabetes, heart disease, asthma, alcoholism or cirrhosis</li> <li>• Are immunocompromised</li> <li>• Smoke</li> <li>• Live in a long-term care facility</li> </ul>	Two doses are needed. The timing of the first dose and spacing of the doses depends on your age and medical condition. Speak with your doctor.
<b>Shingles (Zoster)</b>	Healthy adults age 50 and older.	Age 50 and older in two doses, two to six months apart.
<b>Tetanus, Diphtheria, Pertussis (Td, Tdap)</b>	<ul style="list-style-type: none"> <li>• Adults age 64 and younger who haven't had this vaccine in the past 10 years</li> <li>• Adults age 65 and older who haven't had this vaccine and will be in contact with a baby under a year old</li> <li>• Pregnant women</li> </ul>	<ul style="list-style-type: none"> <li>• One time Tdap vaccine with a Td booster every 10 years</li> <li>• During each pregnancy, preferably between the 27th and 36th week</li> </ul>
<b>Varicella (Chicken Pox)</b>	Healthy adults, except pregnant women, who have never had chicken pox, and have no immunity to the virus.	Any time in two doses, four to eight weeks apart.

Source: Centers for Disease Control and Prevention.

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