



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:

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|--------------------------------|-------------------|---|
| • 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 for¹:

- **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 age¹:

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) vaccine²

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" vaccine²

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" vaccine² (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 or cdc.gov/vaccines.