

Immunizations

One of the best things you can do to take charge of your health is to prevent preventable diseases with immunizations. If you haven't kept an immunization record, now is an excellent time to start. The following immunizations are recommended for adults by the U. S. Preventive Services Task Force; and recommended for children by the Centers for Disease Control and American Academy of Pediatrics:

Adults:

- Flu shot every year starting at age 50
- Tetanus-diphtheria shot every 10 years
- Pneumonia shot once at age 65
- Talk to your doctor to see if you need hepatitis B shots

Children:

- Hepatitis B: at birth, 1-4 months, and 6-18 months
- Diphtheria, Tetanus, Pertussis (whooping cough): at 2 months, 4 months, 6 months, 15-18 months, and 4-6 years
- Tetanus-Diphtheria: at 11-12 years
- Haemophilus Influenza Type B: at 2 months, 4 months, 6 months, and 12-15 months. Depending on type of vaccine used, 6-month dose may not be needed
- Inactivated Poliovirus: at 2 months, 4 months, 6-18 months and 4-6 years
- Measles, Mumps, Rubella (German measles): at 12-15 months and 4-6 years. Children who have not previously received the second dose should have it by 11-12 years
- Chickenpox (Varicella): at 12-18 months if your child lacks a reliable history of chickenpox
- Pneumococcal disease (PCV vaccine): at 2 months, 4 months, 6 months and 12-15 months
- Hepatitis A: 12-23 months
- Influenza: A recent recommendation is for all children age 6-23 months to receive an annual influenza vaccine
- Talk to your doctor about immunizations; and find complete information at www.aap.org and <http://www.cdc.gov/nip/recs/child-schedule.htm>.

APWU Health Plan covers immunizations for adults; and childhood immunizations are 100% covered for children up to age 22 when PPO providers are used.