



Don't wait – vaccinate!

**Vaccines are one of the
safest ways to protect
your health.**



Many infectious diseases that used to routinely kill or harm infants, children, and adults have been greatly reduced or eliminated because of routine vaccination. Since the viruses and bacteria that cause these diseases still exist, it is important to protect yourself and those who cannot get vaccinated by staying up to date on your vaccines.

Vaccines are very safe.

They go through rigorous testing before the FDA (Food and Drug Administration) will authorize or approve them. Both the FDA and the CDC (Centers for Disease Control & Prevention) continue to monitor the safety of all vaccines in use in the United States.

Side effects from getting a vaccine are generally mild (examples include soreness at the injection site and low fever) and go away within a few days. Severe side effects are very rare.

In addition to the recommended childhood vaccines, adults should discuss which vaccines they might need with their Primary Care Physician. Most adults will need vaccines for tetanus-diphtheria, Hepatitis B, shingles, HPV (human papillomavirus), COVID-19 and flu at some point.

Some adults will also need other vaccines depending on their health and history. The best way to stay updated on what vaccines you need is to talk with your doctor. Vaccines are covered in full by insurance.*



*Vaccines are covered in full, subject to your plan's benefits and exclusions, if they are FDA authorized or approved and you are eligible.

Sources:

Centers for Disease Control and Prevention, Vaccines & Immunizations, <https://www.cdc.gov/vaccines/index.html>

US Department of Health and Human Services, My Health Finder, <https://health.gov/myhealthfinder/topics/doctor-visits/vaccines-shots>

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