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Solid = score and fold lines

**Get a flu vaccine every year.**  
Pregnant woman should also receive the flu vaccine every year.

Protect yourself. Protect your loved ones.



INDIANA IMMUNIZATION COALITION  
vaccinateindiana

These materials were created by the Indiana Immunization Coalition, Inc. and were funded by the Indiana State Department of Health through a grant from the Centers for Disease Control and Prevention (Award No: 5H231P522522-10).

Vaccines are not just for infants and children.

At any age, immunization provides the longest lasting, most effective protection against disease.

Ask your doctor, nurse, pharmacist or local public health office about immunizations for you and your family.

**Keep up to date with your recommended vaccines.**

**ARE YOU UP TO DATE?**



**Medical notes** (e.g., allergies, vaccine reactions):

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Healthcare provider: List the mo/day/yr for each vaccination given. For combination vaccines, fill in a row for each separate antigen in the combination.

(10/13)

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Vaccine	Type of vaccine	Date given mo/day/yr	Healthcare professional or clinic	Date next dose due
Pneumococcal (PPSV23, PCV13)				
Influenza (TIV, LAIV)				
Human Papillomavirus (HPV4 [Gardasil], HPV2 [Cervarix])				
Meningococcal (MCV4 [Menactra, Menveo]; MPSV4 [Menomune])				
Other				



[www.vaccinateindiana.org](http://www.vaccinateindiana.org)



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Indiana Immunization Coalition (IIC) is a statewide, not-for-profit 501(c)(3) that seeks to improve access and affordability of immunizations across the lifespan. Through immunization education, advocacy, promotion, and statewide collaborative partnerships IIC reduces the spread of vaccine-preventable diseases.

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11/13



## RECOMMENDED IMMUNIZATIONS FOR ADULTS

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If you are this age,

Then you should get these vaccines:	19 - 21 years	22 - 26 years	27 - 49 years	50 - 59 years	60 - 64 years	65+ years
Influenza (Flu)	Get a flu vaccine every year					
Tetanus, diphtheria, pertussis (Td/Tdap)	Get a Tdap vaccine once, then a Td booster vaccine every 10 years					
Varicella (Chickenpox)	2 doses					
HPV Vaccine for Women	3 doses					
HPV Vaccine for Men	3 doses	3 doses				
Zoster (Shingles)					1 dose	
Measles, mumps, rubella (MMR)	1 or 2 doses					
Pneumococcal (pneumonia)	1-3 doses					1 dose
Meningococcal	1 or more doses					
Hepatitis A	2 doses					
Hepatitis B	3 doses					

Boxes this color show that the vaccine is recommended for all adults unless your doctor or nurse tells you that you cannot safely receive the vaccine.
  Boxes this color show when the vaccine is recommended for adults with certain risks related to their health, job or lifestyle that put them at higher risk for serious diseases. Talk to your doctor or nurse to see if you are at higher risk.
  No recommendation

**FOOTNOTES:**

*(Influenza vaccine)* <sup>1</sup>There are four different flu vaccines available—talk to your doctor or nurse about which flu vaccine is right for you.  
*(HPV vaccine for men)* <sup>2</sup>There are two different kinds of HPV vaccine but only one HPV vaccine (Gardasil®) can be given to men. Gay men or men who have sex with men who are 22 through 26 years old should receive the HPV vaccine if they haven't already started or completed the series.  
*(MMR vaccine)* <sup>3</sup>If you were born in 1957 or after, you should have already gotten the MMR vaccine. Talk to your doctor or nurse about how many doses you may need.  
**If you are traveling outside of the United States, you may need additional vaccines. Ask your doctor or nurse which vaccines you may need.**



To learn more about vaccines, visit [www.vaccinateindiana.org](http://www.vaccinateindiana.org)

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### ADULT IMMUNIZATION RECORD

Always carry this record with you and have your healthcare professional or clinic keep it up to date.

Last name First name M.I.

mo	day	yr
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Birthdate

Patient Number

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Vaccine	Type of vaccine	Date given mo/day/yr	Healthcare professional or clinic	Date next dose due
Hepatitis B (HepB, HepA-HepB)				
Hepatitis A (HepA, HepA-HepB) If combo				
Measles, Mumps, Rubella (MMR)				
Varicella (VAR) (chickenpox)				
Zoster (shingles)				
Tetanus, Diphtheria, (Pertussis) (Td, Tdap)				