

Mom... Dad...

it's time for

Your Shot!



Today immunization rates among American children are, overall, quite good. But many adults are not up to date on their immunizations.

For example, the Centers for Disease Control advises that only about 10% of adults over 60 years of age for whom a zoster vaccine is recommended have received it — and less than half of adults for whom a Hepatitis B vaccine is recommended have received one.

Why might you, as an adult, need to be vaccinated?

- You might not have received certain vaccines as a child.
- Some newer vaccines didn't exist when you were younger.

- Some vaccines' protection fades over time.
- Most people need a flu vaccine each year.
- Some vaccines become more important as you age.
- Travel to some locations requires extra vaccinations.

Your past vaccination history, your age, your job, your lifestyle, your health, and your travel plans all help determine what vaccinations you need.

Take your best shot at protecting yourself and your family from illness. Ask your doctor if your vaccinations are up to date.

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If you are a UPMC Health Plan member, a Member Advocate will be happy to assist you with finding a doctor and making an appointment. Call 1-888-876-2756. See www.upmchealthplan.com to learn more about immunizations for adults and children.