

# Vaccines: Your Lifetime Shield

What you need to  
know at any age



## Why Vaccines Matter

- 95–99% effectiveness in preventing many diseases
- Millions of lives saved globally each year
- Safe, tested, and monitored continuously



## Birth–6 years

Hep B, DTaP, Polio, MMR, Varicella

## 7–18 years

Tdap, HPV, Meningococcal



## 19–49 years

Tdap booster, Flu, HPV,  
COVID-19



## 50–64 years

Shingles, Pneumococcal

## 65+

Flu, Shingles, RSV,  
Pneumococcal



## Keep It Up to Date

- *Annual:* Flu, COVID-19 (as recommended)
- *Every 10 years:* Tdap booster
- *Once at 50+:* Shingles vaccine (2 doses)

## How to Stay on Track

- Talk to your doctor
- Use a vaccine tracker app
- Schedule annual wellness visits
- Keep a record of your immunizations

Sources: CDC, WHO, Immunization Action Coalition, NFID

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