



**AUGUST IS NATIONAL VACCINE
AWARENESS MONTH**

ARE YOU UP TO DATE??

ASK YOUR PROVIDER

HAD YOUR VACCINES???

Adults should have updated
immunizations

1. Tetanus every 10 yr
2. Flu shot yrly
3. Pneumonia after age 65 (prior if indicated)
4. Shingles vaccine after age 60
5. HPV series prior to age 26

