



# Vaccines: Is Your Family Protected?



It's easier to prevent a disease than to treat it. Every year, thousands of people in the United States get sick, are hospitalized or even die from diseases that could be prevented. Vaccines are our best protection against these diseases.<sup>1</sup>

Vaccines (also known as immunizations) are covered 100 percent by your Horizon Blue Cross Blue Shield health plan when you use an in-network provider.

**CDC recommends everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19.**

**The Centers for Disease Control and Prevention (CDC) estimates that vaccination of children born from 1994–2021 will:**

**Prevent 472 million illnesses**

**Help avoid 1,052,000 deaths**



## 0-6 years

- Flu (every year)
- DTaP (diphtheria, tetanus and pertussis/whooping cough)
- Hepatitis A
- Hepatitis B
- HiB (haemophilus influenzae type b)
- MMR (mumps, measles, rubella/German measles)
- Pneumococcal disease (pneumonia)
- Polio
- Rotavirus
- Varicella (chickenpox)

Following the recommended vaccine schedule can protect your baby from 14 potentially serious or deadly diseases before their second birthday.



## 7-18 years

- Flu (every year)
- HPV (human papillomavirus)
- Meningococcal conjugate (bacterial meningitis)
- Tdap (booster for DTaP)

Vaccines aren't just for babies. As your child grows, vaccines can protect them from diseases they may encounter while traveling, going off to college and making their own way.



## 19-24 years

- Flu (every year)
- HPV
- Meningococcal conjugate
- Tdap

Even if you were vaccinated as a child, the protection from some vaccines can wear off. That, combined with a weakening immune system as you age, makes adult vaccines all the more important.



## 25-50 years

- Flu (every year)
- HPV
- Tdap



## 51 & up

- Flu (every year)
- Pneumonia
- RSV (adults 60 years and older)
- Shingles
- Tdap



**Talk to your doctor about the right vaccines for you and your family.**

[HorizonBlue.com/dsm](https://HorizonBlue.com/dsm)

1. [cdc.gov/vaccines/vac-gen/vaxwithme.html](https://cdc.gov/vaccines/vac-gen/vaxwithme.html)

This document was created using information from the Centers for Disease Control and Prevention (CDC). For more information about vaccinations, including vaccine schedules, answers to common questions, materials for parents/expecting parents and more, please visit [CDC.gov/vaccines](https://CDC.gov/vaccines).

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