



Vaccinations: Is Your Family Protected?

It's easier and better 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. Immunization is our best protection against these diseases.¹

Immunizations are covered 100% by your Horizon Blue Cross Blue Shield health plan.

The Centers for Disease Control and Prevention (CDC) estimates that vaccination of children born from 1994-2018 will:

Prevent
419 million
illnesses

Help avoid
936,000
deaths

Avoid nearly
\$1.9 trillion
in total society costs²



Ages 0-6³

- Hepatitis B
- DTaP (diphtheria, tetanus and pertussis/whooping cough)
- Polio
- Rotavirus
- Pneumococcal disease (pneumonia)
- Influenza (flu)
- HiB (haemophilus influenzae type b – the leading cause of bacterial meningitis in children under 5)
- MMR (mumps, measles, rubella/German measles)
- Varicella (chickenpox)
- Hepatitis A

Following the recommended vaccine schedule can protect your baby from 14 potentially serious or deadly diseases before his or her second birthday.⁴



Ages 6-18³

- Tdap (booster for DTaP)
- HPV (human papillomavirus – can lead to cervical cancer and genital warts)
- Meningococcal conjugate (bacterial meningitis)
- Annual flu
- Plus boosters at age 16

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.



Ages 18-24³

- Annual flu
- HPV
- Meningococcal conjugate
- Tdap



Ages 25-50³

- Annual flu
- Tdap
- HPV

Even if you were vaccinated as a child, the protection from some vaccines can wear off.⁵ That, combined with a weakening immune system as you age, makes adult vaccines all the more important.



Ages 50 & up³

- Annual flu
- Pneumonia
- Tdap
- Shingles (herpes zoster – causes a painful skin rash that can last for months or years)

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



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://www.cdc.gov/vaccines).

1. <https://www.cdc.gov/vaccines/vac-gen/vaxwithme.html>
2. <https://www.cdc.gov/vaccines/programs/vfc/protecting-children.html>
3. <https://www.cdc.gov/vaccines/schedules/index.html>
4. <https://www.cdc.gov/vaccines/parents/schedules/reasons-follow-schedule.html>
5. <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

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