

Immunizations

(18 years and older)

Vaccines are important for people of all ages and they can help you stay healthy. Not only can they keep you healthy, but they can keep those around you healthy too. We provide needed vaccines at no cost to you. They are available through your doctor or county health department.

Call us at **1-800-322-8670** if you need help finding a provider near you. We can also assist you with scheduling an appointment or getting a ride.



Influenza Vaccine

Recommended every year.

Tetanus, diphtheria, acellular pertussis (Tdap)

- All pregnant women (with each pregnancy)
- Those in close contact with infants less than 12 months old
- A **tetanus diphtheria booster (Td)** is given every 10 years. This may be given sooner with serious cuts and burns.

Pneumonia Vaccine

(includes PCV 13 and PPSV 23) - Some reasons you should get this:

- **Cigarette smoker** (PPSV 23)
- **Diabetes** (PPSV 23)
- Chronic heart, lung, or liver disease, includes **asthma** (PPSV 23)
- Kidney disease (both)
- Sickle cell anemia (both)
- You do not have a spleen (both)

- HIV (both)
- Immune deficiency (both)
- History of cochlear implant (both)
- Alcoholism (PPSV 23)

Human Papillomavirus (HPV)

Protects against genital warts and some forms of cancer. Given to adolescents or young adults.

Meningococcal Vaccine

(includes MenACWY and MenB) - Protects against meningitis.

There are two types of this vaccine. Talk to your doctor to find out if you should have one or both. Examples of why you may need a meningitis vaccine are:

- First-year college student in a dorm
- Military recruit
- Travel to a high risk country
- HIV infection
- Immune problems
- Damaged or removed spleen

HealthChoiceAZ.com

Member Services:

1-800-322-8670 (TTY: **711**)

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Hepatitis A Vaccine

Hepatitis A is a contagious liver infection. You can get Hepatitis A from contaminated food or drink. You can also get it through close contact with an infected person. High risk conditions include:

- Travel to countries where Hepatitis A is common, such as Mexico
- Chronic liver disease
- Illicit drug use
- Men who have sex with men

Hepatitis B Vaccine

The Hepatitis B virus can cause liver damage and liver cancer. This vaccine may be given to anyone who would like it. It is recommended for people with:

- Chronic liver disease
- Diabetes
- Patients who need chronic dialysis
- HIV
- Men who have sex with men

Measles, Mumps, Rubella Vaccine (MMR)

This vaccine is given to adults born after 1957 who have not had the vaccine or do not show immunity to measles. You may be tested for immunity if you are pregnant or if you work in healthcare.

Chickenpox (Varicella) Vaccine

Chickenpox is usually a more severe infection in adults. It can also be severe in those with a weak immune system. It is given to:

- Those who have only had one dose of the vaccine. They receive a second dose.
- Adults who never had chickenpox and were born in the United States in 1980 or later.
- Pregnant women without previous immunity may need this vaccine.
- Some adults with HIV infection.

Shingles Vaccine

Ages 50 and older.

Haemophilus Influenzae Type B (HIB)

This vaccine is recommended if you have certain medical conditions, such as:

- Sickle cell disease
- Asplenia (no spleen)
- HIV infection
- Immune conditions that affect the body's ability to fight infections
- Cancer treatments that affect your immune system such as a bone marrow transplant

Additional Vaccines May Be Recommended If:

- You have missed vaccines you should have received in the past.
- You have a health condition or other risk factor for which a vaccine would be helpful.



Schedule an appointment with your doctor to discuss your vaccines today.

Source: CDC - www.cdc.gov/vaccines/schedules/hcp/imz/adult-conditions.html

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