

You, first!

Because good health starts with you.

Just the Facts

Take your best shot.

Vaccines prevent countless cases of disease and save millions of lives a year. They work so well that we may think we don't really need them, or that they're just for kids. Here's why they're important for all age groups. Are you up to date?

By the time kids are **2 years old**, they may have up to **26 immunizations to protect** them from **14 different diseases**.

Research has shown that so many vaccines, especially multiple shots in one day, **cannot overwhelm a baby's immune system**.



Babies and little kids

Don't delay! You can expose your baby to disease when he or she is most vulnerable if you do.



Tweens and teens

Protection provided by **some of the vaccines** they received in early childhood **may wear off**.

They are at risk for more diseases as they enter their teens, especially as older teens heading off for college or travel abroad.

Between the ages of 11 and 19, your child **may need as many as 10 vaccines**.

Immunity fades over time. However, for adults it's complicated to know what you need when.

It depends on your age, job, lifestyle, health, history, and travel plans.

Check in with your doctor and make sure you're up to date!



Adults

For a full schedule of immunizations you and your family members may need, visit upmchp.us/1IMp7Pc

UPMC HEALTH PLAN