



# Getting Vaccinated

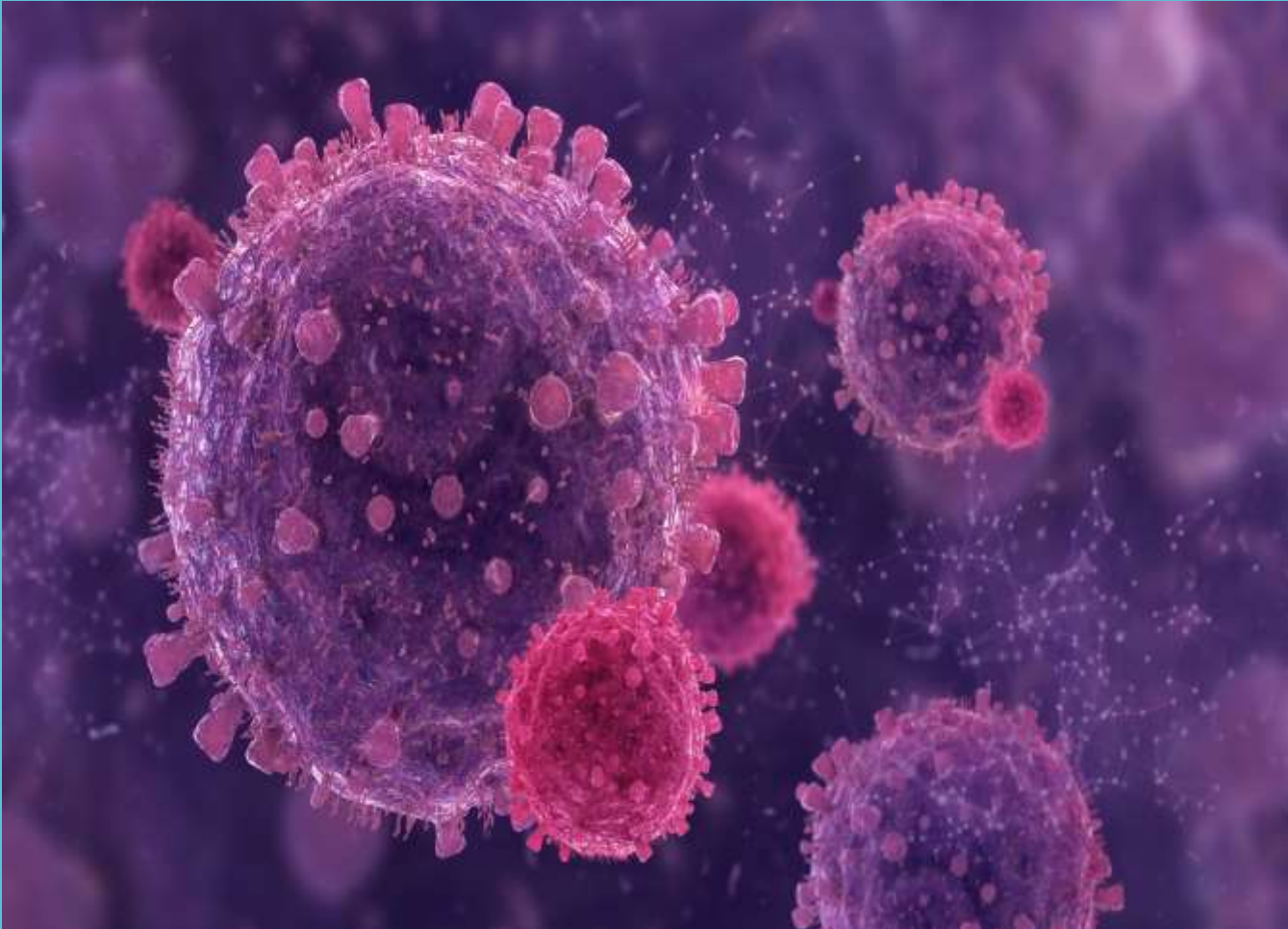
A Visual Resource Guide



Being sick is challenging.

It can affect your daily life, like going to work, school, or meeting with others.

Sometimes, it can be serious. Especially if germs are spread to others.



Luckily, scientists created *vaccines* that can keep us healthy and safe.

A *vaccine* is a specific kind of medicine that helps your body build *immunity* which helps fight against illness or disease.



You might hear others talking about the COVID-19 vaccine, the Flu vaccine, and other vaccines.

Let's see what happens when people get a *vaccine*...



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# Where and How to Schedule a Vaccine Appointment



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There are many places where you can schedule an appointment for the COVID-19 and other vaccines.

You can call your doctor's office, nurse, or clinic to schedule an appointment.



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You can call a pharmacy close to where you live to schedule an appointment.

Another option is the pharmacy at a supermarket or a “Little Clinic” at the supermarket.



Insurance Company Name: \_\_\_\_\_

Plan Type: \_\_\_\_\_ Member Name: \_\_\_\_\_

Member ID Number: \_\_\_\_\_

Prescription Copay: \_\_\_\_\_

Generic: \$ \_\_\_\_\_ Office Visit Copay: \$ \_\_\_\_\_

Name Brand: \$ \_\_\_\_\_ Emergency Room Copay: \$ \_\_\_\_\_

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You can call your health insurance provider, like Medicaid, to help you, too.

You can also check with your local health department about vaccine clinics in your area.





Sometimes, you will need to go online on a computer to schedule your appointments.



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When you schedule your vaccine appointment, make sure you ask if you need one shot, two shots, or more.

Sometimes, you schedule all of your vaccine appointments at the same time.

Other times, you may schedule your follow-up shot(s) after you received your first shot.



# What Happens When You Get the Vaccine



Most vaccines are given by *injection*, also known as a shot.

This means the nurse or pharmacist will use a small needle to put the medicine in your arm.



Before your shot, the nurse or pharmacist will clean your arm with a cotton ball or wipe.



Sometimes the wipe feels cold and wet, but it does not hurt.



A shot has a small needle. Some people are uneasy about shots.

It's normal to be nervous or anxious.



## Tips to help when getting a shot:

- Squeeze someone's hand.
- Look away.
- Distract yourself with something, like listening to music, playing a game on your phone, or clicking a pen.
- Take 5 deep breaths.
- Slowly count to 10.



The nurse or pharmacist will give you the shot.

This happens quickly and feels like a pinch.





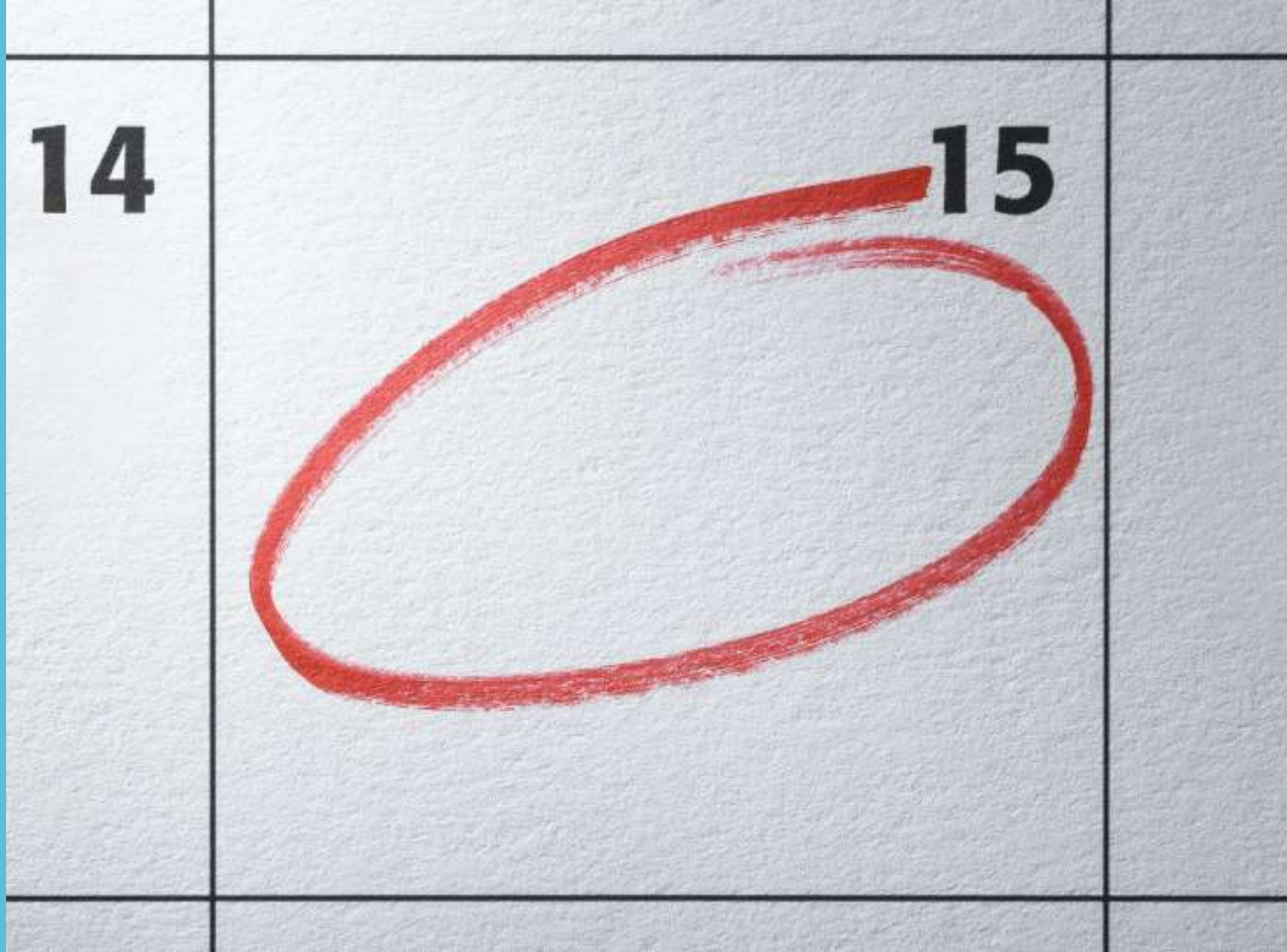
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You may have to wait for 15 or 20 minutes after you received your shot.

The doctor, pharmacist, or nurse wants to make sure that you feel fine after you got your shot.



Bring something with you to distract you while you wait, like a game on a device, your phone, a magazine, or a fidget.



Sometimes, you will need more than one shot for your vaccine to work best.

Other times, you will need the same shot each year.

# Recommended Adult Immunization Schedule for ages 19 years or older

UNITED STATES  
**2022**

## How to use the adult immunization schedule

- 1 Determine recommended vaccinations by age (Table 1)
- 2 Assess need for additional recommended vaccinations by medical condition or other indication (Table 2)
- 3 Review vaccine types, frequencies, intervals, and considerations for special situations (Notes)
- 4 Review contraindications and precautions for vaccine types (Appendix)

Recommended by the Advisory Committee on Immunization Practices ([www.cdc.gov/vaccines/acip](http://www.cdc.gov/vaccines/acip)) and approved by the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), American College of Physicians ([www.acponline.org](http://www.acponline.org)), American Academy of Family Physicians ([www.aafp.org](http://www.aafp.org)), American College of Obstetricians and Gynecologists ([www.acog.org](http://www.acog.org)), American College of Nurse-Midwives ([www.midwife.org](http://www.midwife.org)), and American Academy of Physician Associates ([www.aapa.org](http://www.aapa.org)), and Society for Healthcare Epidemiology of America ([www.shea-online.org](http://www.shea-online.org)).

### Vaccines in the Adult Immunization Schedule\*

Vaccine	Abbreviation(s)	Trade name(s)
<i>Haemophilus influenzae</i> type b vaccine	Hib	ActHIB® Hiberix® PedvaxHIB®
Hepatitis A vaccine	HepA	Havrix® Vaqta®
Hepatitis A and hepatitis B vaccine	HepA-HepB	Twintrix®
Hepatitis B vaccine	HepB	Engerix-B® Recombvax HB® HepISav-B®
Human papillomavirus vaccine	HPV	Gardasil 9®
Influenza vaccine (inactivated)	IV4	Many brands
Influenza vaccine (live, attenuated)	LAIV4	FluMist® Quadrivalent
Influenza vaccine (recombinant)	RV4	Flublok® Quadrivalent
Measles, mumps, and rubella vaccine	MMR	M-M-R II®
Meningococcal serogroups A, C, W, Y vaccine	MenACWY-D MenACWY-CRM MenACWY-TT	Menactra® Menvac® MenQuadfi®
Meningococcal serogroup B vaccine	MenB-4C MenB-FHbp	Bexsero® Trumenb®
Pneumococcal 15-valent conjugate vaccine	PCV15	Vaxneuvance™
Pneumococcal 20-valent conjugate vaccine	PCV20	Prenmar 20™
Pneumococcal 23-valent polysaccharide vaccine	PPSV23	Pneumovax 23®
Tetanus and diphtheria toxoids	Td	Tenivac® Tdvax™
Tetanus and diphtheria toxoids and acellular pertussis vaccine	Tdap	Adacel® Boostrix®
Varicella vaccine	VAR	Varivax®
Zoster vaccine, recombinant	RZV	Shingrix

\*Administer recommended vaccines if vaccination history is incomplete or unknown. Do not restart or add doses to vaccine series if there are extended intervals between doses. The use of trade names is for identification purposes only and does not imply endorsement by the ACIP or CDC.

### Report

- Suspected cases of reportable vaccine-preventable diseases or outbreaks to the local or state health department
- Clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or 800-822-7957

### Injury claims

All vaccines included in the adult immunization schedule except pneumococcal 23-valent polysaccharide (PPSV23) and zoster (RZV) vaccines are covered by the Vaccine Injury Compensation Program. Information on how to file a vaccine injury claim is available at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

### Questions or comments

Contact [www.cdc.gov/cdc-info](http://www.cdc.gov/cdc-info) or 800-CDC-INFO (800-232-4636), in English or Spanish, 8 a.m.–8 p.m. ET, Monday through Friday, excluding holidays.

 Download the CDC Vaccine Schedules app for providers at [www.cdc.gov/vaccines/schedules/hcp/schedule-app.html](http://www.cdc.gov/vaccines/schedules/hcp/schedule-app.html).

### Helpful Information

- Complete Advisory Committee on Immunization Practices (ACIP) recommendations: [www.cdc.gov/vaccines/hcp/acip-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html)
- *General Best Practice Guidelines for Immunization* (including contraindications and precautions): [www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html)
- Vaccine information statements: [www.cdc.gov/vaccines/hcp/vis/index.html](http://www.cdc.gov/vaccines/hcp/vis/index.html)
- Manual for the Surveillance of Vaccine-Preventable Diseases (including case identification and outbreak response): [www.cdc.gov/vaccines/pubs/surv-manual](http://www.cdc.gov/vaccines/pubs/surv-manual)
- Travel vaccine recommendations: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- Recommended Child and Adolescent Immunization Schedule, United States, 2022: [www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html)
- ACIP Shared Clinical Decision-Making Recommendations: [www.cdc.gov/vaccines/acip/acip-scdm-faqs.html](http://www.cdc.gov/vaccines/acip/acip-scdm-faqs.html)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



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Adults, just like children, also have an immunization schedule.

We will need vaccinations throughout our lives.

Here is a link to an adult vaccination schedule:

<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>



After getting a vaccine, some people have *side effects*.

This means that you may:

- Have a sore arm
- Feel tired
- Have a headache

This is normal and goes away after a couple of days.

These side effects let us know that the vaccine is starting to work.

*I Just Got  
Vaccinated*



When you are vaccinated and take certain precautions, you are keeping yourself and your community safe.

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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# How to Use Hand Sanitizer the Right Way

1



**Apply** sanitizer to hands.

2



**Cover** all surfaces of hands.

3



**Rub** hands together until dry.

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)





**ADDRESSING**

# Health Misinformation

**Misinformation** is knowledge or advice that is not true or does not come from facts. Misinformation about health is a problem and can be dangerous. If you are not sure if something is true, do not share it and ask a trusted person!

**How do I know if something is true?**  
Ask yourself these questions:



Does the information match what the Centers for Disease Control and Prevention (CDC) and public health departments are saying?



Does the information match what your doctor, nurse, or other trusted healthcare worker says?



Is the information from a source that you can trust, such as a university, government group, or disability organization?

**Why do people share misinformation?**



- They do not know it is not true
- They did not check the information before sharing
- They want to share things that other people might not know
- They want to share information to help protect friends and family

**What does misinformation look like?**



- Pictures that started as a joke, but people think are real
- Websites that look real, but have information that is not true
- Quotes with parts of the information changed or taken out
- Statistics (facts about groups of people) that do not include important details
- Graphs or charts that look real but do not include all the information people need
- Sharing pictures or news articles that have old information
- Videos or photos that have been changed

**How do I respond to someone sharing misinformation?**



- Try to understand why they think and feel the way they do
- Share information you know to be true and that you trust
- Do not get angry at people for their beliefs or fears
- Use language that is easy to understand

*\*Messages adapted from the Office of the Surgeon General, 2022*

<https://nationalcenterdph.org/vaccine-resources/>

# Resources



# Scheduling a Vaccine Appointment

- Call your doctor's office, nurse, or clinic to schedule a vaccine appointment
- Call your local pharmacy to schedule a vaccine appointment
- Go online to [www.walgreens.com](http://www.walgreens.com) , [www.cvs.com](http://www.cvs.com) <https://www.kroger.com/rx/guest/get-vaccinated> to schedule a vaccine appointment online

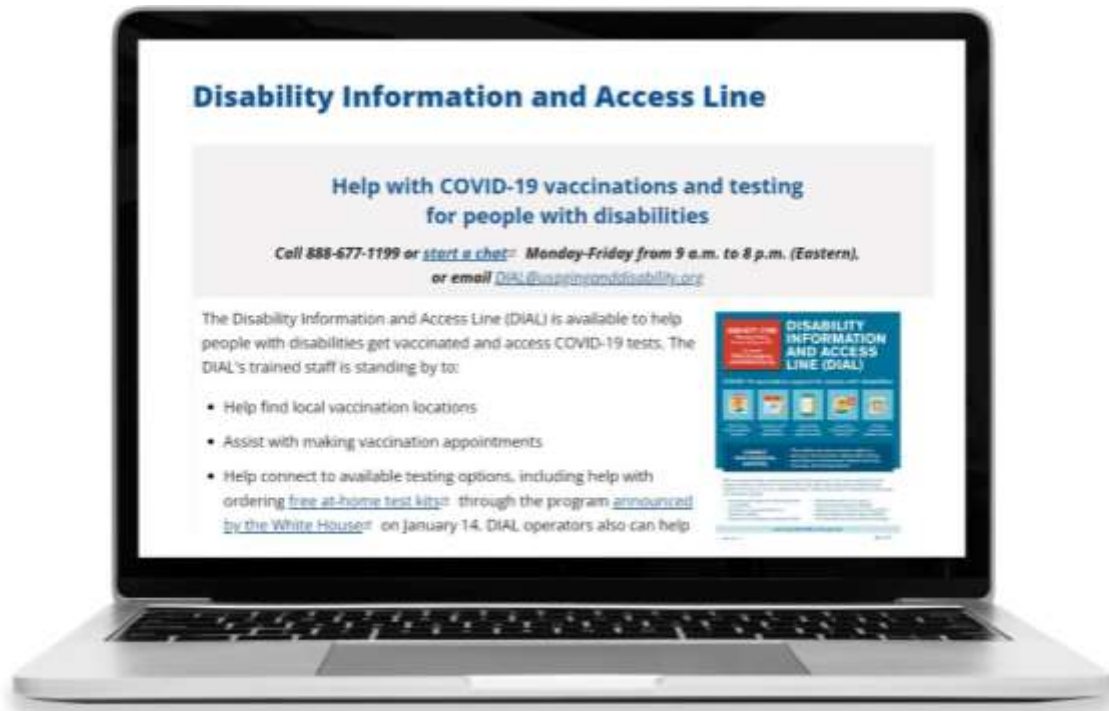
# National Disability Information and Access Line (DIAL)

<https://acl.gov/DIAL>

Can help with finding  
vaccination location

Can help with scheduling

Can provide referral to other  
local support resources



# University of Cincinnati Center for Excellence in Developmental Disabilities

University of Cincinnati Center for Excellence in Developmental Disabilities vaccine info

<https://www.ucucedd.org/vax-learn-more/>