

We often think of immunizations for children, but forget that adults may also benefit from certain vaccinations. The influenza vaccine and tetanus/diphtheria booster are probably most commonly known, but others may be needed if you are within a specific age group, are planning to travel internationally, or have a chronic disease or compromised immune system. This Centers for Disease Control and Prevention [flyer](#) gives a brief overview of immunizations for adults and this [website](#) lists and explains all diseases that are preventable with vaccinations. The CDC also provides a helpful [checklist](#) and an [online tool](#) as a way to get a more personalized look at your vaccination needs.

Since some employees may have children in their households, getting your family's immunizations up-to-date would be a great item to add to your back-to-school checklists. The immunization recommendations for specific age groups are listed below:

Immunization schedule for ages 0-6

[http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2008/08\\_0-6yrs\\_schedule\\_pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2008/08_0-6yrs_schedule_pr.pdf)

Immunization schedule for ages 7-18

[http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2008/08\\_7-18yrs\\_schedule\\_pr.pdf](http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2008/08_7-18yrs_schedule_pr.pdf)

Specific information for pre-teens:

<http://www.cdc.gov/vaccines/spec-grps/preteens-adol/info-parents.htm>

Specific information for teens and college Students:

<http://www.cdc.gov/vaccines/recs/schedules/teen-schedule.htm#chart>

Some may have questions and concerns about the safety, effectiveness, and purpose of immunizations. Explore this website <http://www.cdc.gov/vaccines/vac-gen/default.htm> and its' related links for more information on a variety of topics related to this.

