



## **Immunization Guidelines**

One of the great things about your US Family Health Plan benefits is that you are entitled to preventative health services. Immunizations are an important part of preventing diseases. People at different ages have different preventative health care needs. Remember – prevention is often a key to keeping up your optimal level of health. So, use the information and partner with your primary care provider (PCP) to be healthy!

### Immunization Guidelines for Children and Adolescents

- *Diphtheria – Tetanus – Pertussis (DTaP)* – at 2, 4, and 6 months; once between 15 and 18 months, and between the ages of 4 and 6 years
- *Haemophilus Influenza Type B (Hib)* – at 2, 4, and 6 months; as recommended by PCP between 12 and 15 months
- *Hepatitis A (HepA)* – 12-23 months (2 doses), and 2-6 years (in some situations)
- *Hepatitis B (HepB)* – at birth, 1-2 months, 4 months (in some situations), and 6-18 months
- *Human papillomavirus (HPV)* – all females beginning at age 11 and up to age 26 years, 3 doses
- *Influenza* – recommended for children/adolescents between 6 months and 18 years; discuss with healthcare provider
- *Measles, Mumps, and Rubella (MMR)* – once between 12 and 15 months and ages 4 and 6 years or between ages 11 and 12 years as recommended by the PCP
- *Meningococcal (MCV4)* - between 2-10 years (in certain situations), 11 – 12 years of age (in most situations), and 13-18 years (in some situations)
- *Polio Virus, Inactivated (IPV)* – at 2 and 4 months, once between 6 and 18 months, and once between the ages of 4 and 6 years
- *Pneumococcal Conjugate (PCV)* – 2, 4, and 6 months and once between 12 and 15 months
- *Rotavirus* – 2 months, 4 months and 6 months
- *Varicella* – between 12 and 15 months and 4 - 6 years

### Immunization Guidelines for Adults (ages 18 and older)

- *Hepatitis A* – 2 doses 6 to 12 months apart between the ages of 18 and 65 years for those who are at high risk as recommended by your PCP, if not received in childhood
- *Hepatitis B* – 3 doses, one to five months apart, between the ages of 18 and 65 years for those who did not receive vaccination as a child

- *Human papillomavirus (HPV)* – all females beginning at age 11 and up to age 26 years, 3 doses
- *Influenza* – annually for every adult as recommended by your PCP but especially for adults age 50 and over and adults with chronic health problems
- *Measles, Mumps, Rubella (MMR)* – from age 18 to 64 years as recommended by your PCP; for those born after 1957 if not previously immunized or immunized with a killed vaccine, or immunized prior to 1967
- *Meningococcal*– 1 or more dose beginning at age 19 years and older
- *Pneumococcal Polysaccharide Vaccine (PPV)* – one time vaccination for adults age 65 and older; re-vaccination may be recommended by your PCP one time at 6 years after the initial vaccination
- *Tetanus, diphtheria, pertussis (Td/Tdap)* – one booster dose every 10 years
- *Varicella* – adults without evidence of immunity unless there is a medical contraindication; discuss with healthcare provider
- *Zoster* – 1 dose age 60 years and older

### Resources

- American Academy of Pediatrics ([www.aap.org](http://www.aap.org))
- MedlinePlus ([www.medlineplus.gov](http://www.medlineplus.gov))
- TRICARE ([www.tricare.mil](http://www.tricare.mil))
- US Department of Health and Human Services/Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))