

# Your Best Shot at Staying Healthy: *Essential Immunizations for Children and Adults*

Immunizations are essential to protect children from many devastating diseases. But adults also need immunizations – the NJ Department of Health reports that over 40,000 adults die each year from diseases for which an immunization is available. Take a look at the following immunization schedule and make sure every member of your family gets all needed immunizations.

## *Immunization Schedule*

Birth:	Hepatitis B vaccine (Hep B)
2 months:	Diphtheria, Tetanus and acellular Pertussis (DTaP), Inactivated Poliovirus (IPV), Hepatitis B (Hep B), Haemophilus Influenza (Hib), Pneumococcal Conjugate (PCV) and Rotavirus.
4 months:	DTaP, IPV, Hib, PCV, Rotavirus
6 months*:	DTaP, IPV, HepB, PCV, Rotavirus, Influenza*
12-15 months:	Measles, Mumps, Rubella (MMR), Varicella ( chickenpox), Hib, PCV and Influenza*
15-18 months:	DTaP, IPV, Influenza*
4-6 years:	DTaP, IPV, MMR, Varicella, Influenza*
11-12 years:	Tdap (Tetanus booster with Pertussis), Menactra (meningococcal), [13-18 year olds who have not previously the vaccine should receive it.] Gardasil is recommended for girls 11-26 years of age.
19-49 years:	Td (Tetanus booster, once every 10 years. A Tdap booster is recommended once in place of a Td booster for 19-64 year olds).
50-64 years:	Td (once every 10 years), Influenza annually, Shingles vaccine should be given to age 60 and older in one dose [Hepatitis A (Hep A), Hepatitis B (Hep B) and Pneumococcal (PPSV) only for at-risk individuals]
65 + years:	Td (once every 10 years), Influenza annually, Pneumococcal (PPSV) one dose at 65 years or older and (Hep A and Hep B only for at-risk individuals.)

\* *Influenza vaccine is required in New Jersey for Children 6 months – 59 months, attending preschool/daycare. If the child is under 9 years old the first time the vaccine is given, two doses separated by one month are required. Subsequent years require a single dose.*

**For more information about the importance of immunizations, contact the Atlantic County Division of Public Health at 609-645-5933.**



**Atlantic County Division of Public Health**  
**Working for Healthy People and Healthy Communities**  
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