

My Action Plan

Vaccines

Action Items	I will do this...	I might do this...	I will think about doing this...
Talk to my doctor to see which vaccines I should get and when I should get them. Ask if there are side effects I should know about.			
Find out where & when the vaccine is offered. Find out how much it will cost and if it's covered by my insurance.			
Call and make an appointment to get the vaccine.			
Call my doctor back if I get sick or have a fever before the vaccine appointment. Ask if I should still get the vaccine or if I need to wait until I am better.			
Get the vaccination.			

Questions to Ask Myself

Before filling out this action plan, remember to take time to think about and set realistic goals. Start by asking yourself these questions:



Questions to Ask My Doctor

Which vaccines should I have?	
Which one is right for me? The shot or the nasal spray?	
How often should I have these vaccines?	
Are there any side effects I should be aware of?	
Will any of my medicines or allergies keep these vaccines from working?	

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Get the Vaccines Your Doctor Recommends for You

Vaccines may prevent certain illnesses. Ask your doctor if you need vaccines and if it is safe for you to get them. Some vaccines to talk about:

- Getting a flu shot every year.
- Getting a pneumonia shot if you are 65 or older or may be at risk for getting pneumonia. Risks can include getting sick easily or having an illness or medicine that weakens your immune system.
- Getting a shingles vaccine if you take certain medicines or if you're over the age of 60.
- Getting the hepatitis or meningitis vaccine if you are at risk and your doctor thinks so.

Women: Stay Healthy at Any Age. AHRQ Publication No. 10-IP002-A (Replaces AHRQ Pub. No. 07-IP005-A). U.S. Department of Health and Human Services. Agency for Healthcare Research and Quality. www.ahrq.gov. August 2010

Type of vaccine:	
Appointment Date:	
Where will I Get It:	
Phone number:	

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