

Stay Healthy



Vaccines and good hand washing help prevent illnesses like the flu and whooping cough.

Shots are not just for kids. We all need vaccines. Keep everyone's shots up-to-date. Getting your shots is one of the most important things you can do to protect yourself and your family from serious and sometimes deadly diseases.

Did You Know?

- Many vaccinations that you received as a child need to be repeated when you become an adult.
- Everyone six months and older needs the flu vaccine every year.
- First-year college students who live in dorms should be vaccinated against meningitis.
- Adults 65 and older need the pneumococcal vaccine.
- Before traveling to a foreign country, you may need vaccines to protect yourself from diseases that aren't common in the United States such as typhoid fever and yellow fever.

These are just some of the vaccines **adults** need. For a complete list, visit:

www.health.ny.gov/prevention/immunization/adult.htm

These vaccines are recommended for **children and adolescents**:

www.health.ny.gov/publications/2378.pdf

To **attend school**, your children need these vaccines:

www.health.ny.gov/publications/2370.pdf

For more information about **childhood vaccines**:

www.health.ny.gov/prevention/immunization/childhood_and_adolescent.htm



Wash Your Hands Well

Good hand washing takes 20 seconds. Sing the "Happy Birthday" song twice while you wash.

- Scrub with soap and water to remove germs.
- Clean your hands and all of your fingers.
- Always wash hands before eating, and after coughing, sneezing, spending time outside, touching animals, or using the bathroom.