

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, HepB, PCV, Rotavirus, Influenza
6-18 months:	IPV
12-15 months:	Measles, Mumps, Rubella (MMR), Varcella (chickenpox), Hib, PCV and Influenza*
15-18 months:	DTaP, 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.]
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.)

The following immunizations are not mandatory but are recommended to help provide protection against preventable diseases:

Hepatitis A

12-23 mos. It is a 2 dose series. Any person 2 years and older who has not received Hepatitis A vaccine series, may be immunized if desired.

HPV (Human Papilloma Virus)

Recommended for girls 11-26 years but can be given as early as 9 years. Recommended for boys 11-21 years but can be given as early as 9 years.

** 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.