

Keeping you and your family safe: Vaccines protect against disease



Prevention is key to your health and wellness

Vaccinations, immunizations, shots. Whatever we call them, the important thing to remember - they can save lives. Vaccines protect against diseases that can cause serious health issues. Staying current on all vaccinations is important for keeping your family and community healthy and safe.

Stay on top of your shots!

Call and schedule any recommended vaccines due for you and your family.

Childhood vaccines are especially important. If you have children, vaccinating them is the best way to protect them. You can catch up on any missed vaccines. Talk with your child's doctor about the vaccinations your child needs to stay healthy.

For most adults, we recommend flu and COVID-19 vaccines every year and a tetanus-diphtheria-pertussis vaccine every 10 years. Check the schedules below for additional vaccines you may need.

Recommended vaccine schedules from the Centers for Disease Control and Prevention (CDC):

- Children up to age 6:
www.cdc.gov/vaccines/imz-schedules/downloads/parent-ver-sch-0-6yrs.pdf
- Children ages 7-18:
www.doh.wa.gov/YouandYourFamily/Immunization/PreteensandTeens
- Adults:
www.cdc.gov/vaccines/hcp/imz-schedules/downloads/adult/adult-combined-schedule.pdf

Resources for Kaiser Permanente members



Check to see if you or your child are due for any vaccinations through your **Kaiser Permanente member account** (Care Reminders) or **KP Washington app** (under My Reminders). If you don't have a member account, register at kp.org. To get parental access, you first need to register for your own online account.



You can **schedule vaccines for yourself and family** through your Kaiser Permanente member account or KP Washington app. You can also call your medical center to schedule a vaccine appointment.