

Vaccine Schedules

Why Do I Need Vaccines At Different Times?



Why Do I Need Vaccines?

Vaccinations are a safe, effective and easy way to protect against preventable diseases. They are recommended for everyone at different stages of life, from infants to older adults.

Getting vaccinated not only protects you but also helps prevent the spread of diseases to others who might get very sick if they catch them such as older people, pregnant people, people with underlying health conditions and very young children. Recommended vaccines are based on your age and certain health conditions or health history and may be required for travel, work, childcare or school.

Why Do Some Vaccines Need Multiple Doses or Boosters After A Period of Time?

Each vaccine is designed to provide strong protection against specific viruses or bacteria with minimal side effects and maximum effectiveness. To achieve this, there are different vaccine schedules and boosters required to maintain protection.

Some vaccines, like the flu and COVID-19 vaccines, need to be updated regularly to match the most common and dangerous strains of the virus. Some people, like pregnant individuals or those with weak immune systems, may need extra doses to stay protected.

Which Vaccines Do I Need?

Talk to your health care provider or pharmacist to learn what vaccines are recommended for you and your family members. Here's a few of the most common ones:

Flu Vaccine: You should get this every year, especially in the fall, to reduce the risk of getting the flu. If you're 65 or older, or 18 -64 and have a received an organ transplant and are taking immunosuppressive medication, ask your provider about the higher dose flu vaccine.

COVID-19 Vaccine: This vaccine is updated from time to time to protect against the latest strains of the virus. Everyone 6 months and older is recommended to receive at least 1 dose of the updated COVID-19 vaccine. You should wait at least 2 months since the last dose of any COVID-19 vaccine before getting a dose of the updated COVID-19 vaccine.



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Pneumonia Vaccine: Protects against several types of pneumococcal bacteria that can cause serious infections in children and adults. The 4-dose childhood series is recommended before age 5. For older children and adults, take as advised.

Chickenpox Vaccine: It's a two-dose series given to children and also recommended for those over 13 who haven't had chickenpox before.

Shingles Vaccine: This two-dose vaccine protects against shingles in older adults, taken two to six months apart for maximum protection. Recommended for adults 50 years old and older, even if you've had chickenpox before. Check with your provider if you already received the one-dose Zoster vaccine.

Tdap Vaccine: One dose of this vaccine protects against tetanus, diphtheria and whooping cough. You may need a booster every 10 years.

RSV Vaccine: for people aged 75 and older, one dose protects against the respiratory syncytial virus (RSV). Adults 60-74 years of age at higher risk of severe RSV disease are recommended to receive a single dose of RSV vaccine as well. Pregnant persons, infants and young children also may be eligible for additional protection against RSV. Talk to your health care provider to learn what they recommend.

Hepatitis B Vaccine: It's a two or three dose series recommended for everyone, those 60 years old or older should consult with their provider about getting this vaccine.

To find out which vaccines you need or if you need boosters, ask your health care provider. For a list of recommended vaccines, visit: www.cdc.gov/vaccines.



Public Health Call Center

For more information, the Public Health Call Center is open 8 a.m. to 8 p.m. seven days a week at **1-833-540-0473**.



Los Angeles County Department of Public Health

ph.lacounty.gov/vaccines

Vaccine Schedules 8/23/24



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