

# IMPORTANCE OF STAYING UP-TO-DATE ON VACCINATIONS

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## WHY YOU NEED TO STAY UP TO DATE

- It is important to remain up-to-date on vaccinations so that your body will always be ready to fight any organisms that cause illness.
  - Some vaccinations may require two doses to reach maximum efficacy. If so, there may be a specific window of time in which you need to get your second dose.
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Double check you are up-to-date by doing the following:

- Ask your doctor for an updated list of your vaccines
- Contact your pharmacy and ask your pharmacist to check your patient profile to ensure you are up-to-date



## SIDE EFFECTS YOU MAY EXPERIENCE

- Mild to moderate injection site pain is a common side effect from vaccinations.
  - You may also experience general cold symptoms, such as coughing, sneezing, and runny nose.
  - There are other side effects that are specific to individual vaccines you may receive, but they will be discussed with you before you receive the vaccine.
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**CONTACT YOUR DOCTOR OR PHARMACIST  
TO ENSURE YOU ARE UP-TO-DATE ON  
YOUR VACCINATIONS!**