



You Might Need a Vaccine If...

Keeping up-to-date on your vaccines is an important part of staying healthy. There are many circumstances in which you may need an update to your vaccinations, which is why it's important to keep an open dialogue with your doctor.

For instance, you may need a vaccine when:

You travel: International travelers are at risk for diseases such as yellow fever, malaria and even polio. You can find out which vaccines are recommended for your specific destination by checking with the Centers for Disease Control and Prevention at cdc.gov. You should see your doctor at least two months before your trip.

Whether or not you need a given vaccine can depend on a variety of factors, including:

- If you're traveling to an urban or rural area
- Length and season of your visit
- Lodging conditions (air conditioning, open-air tents, or screened-in house or room)
- Mode of travel and planned activities
- Common foods served in the area

Discuss your travel plans with your doctor so he or she can recommend the best vaccinations for your situation.

You are injured: If you step on a rusty nail or are bitten by a wild animal, your care may include a tetanus or

rabies shot to prevent further complications, depending on the date of your last vaccination. Consult your doctor immediately if your injury presents risks for infection, so he or she can advise you about any appropriate vaccinations.

You anticipate a pregnancy or are pregnant: If you are planning on becoming pregnant, you should be up-to-date on routine adult vaccines, particularly the measles, mumps and rubella (MMR) vaccine; this will help protect both you and your child. If you need an MMR vaccine, your doctor may advise you to wait a month after receiving it before becoming pregnant.

The inactivated flu vaccine is recommended for pregnant women since contracting the flu during pregnancy can cause serious complications. In addition, the adult tetanus, diphtheria and acellular pertussis vaccine (Tdap) is usually given between 27 and 36 weeks of each pregnancy a woman has.

You have a chronic condition: People with chronic health conditions can be more susceptible to illnesses like the flu or pneumonia. If you have, for example, asthma or a heart condition, your doctor may strongly encourage you to receive certain annual vaccinations.

Sources: WebMD®, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with increased understanding of the topics discussed to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

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