

Children are at the highest risk for disease complications. A childhood vaccine schedule has been designed to protect them against such illnesses.





If you are planning on traveling out of the country, visit the CDC Travel Health website to learn about vaccines you may need to stay healthy.

During pregnancy, flu and Tdap vaccinations are recommended.





Seniors over 65 should talk to their doctor about vaccines for influenza, shingles, diphtheria, tetanus, pertussis, and pneumonia.

## **Vaccination And Your Liver**

Get the hepatitis A vaccine if you are traveling to a country with a high rate of HAV, have a clotting disorder, use drugs, or are a man who has sex with other men.

You should be vaccinated for both hepatitis A and hepatitis B if you have underlying disease of the liver.



## Doctor's Tip

Talk to your doctor about any international travel plans so that he/she can ensure you receive the needed vaccinations.

- Dr. Bianca Chang, University of Chicago Hospital



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes