

Give it your best shot

Shots aren't just for babies. As children grow, protection given by some immunizations can begin to wear off. Preteens, teens and young adults all need to get certain shots. In fact, everyone should follow recommended shot schedules, including getting seasonal flu vaccines. Think about these facts:

- Thanks to vaccines, the U.S. has eliminated, or come close to eliminating, life-threatening diseases such as smallpox and polio that were once common.
- Vaccines help protect against illness rather than trying to get well after the fact.
- Children can develop risks for more diseases as they enter their preteen years. Help your children stay healthy during their teen years by keeping up-to-date on vaccines.
- Don't assume that your children received all recommended shots in the past. Talk to their doctor now about any needed vaccines.

Sources: Centers for Disease Control and Prevention; National Institute of Health



Better health starts with a smart plan. Follow a set timetable for shots to keep you and your family safe from illnesses that can be avoided.



Want a good track record? In most of the U.S., it is the parents' job to give their children's vaccination records to the health department and to schools. The Personal Health Manager, online at Blue Access® for Members, is an easy way to keep track of these records.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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