



## Congratulations!

You just took an important step to help protect yourself from severe illness, hospitalization, and death from COVID-19 and other vaccine-preventable diseases by being vaccinated. You will also reduce spread of virus to friends, family, and each person you encounter!



## Did you know?

### *Some vaccines are given in a series or require boosters*

Some vaccines require multiple doses or boosters to maintain protection against vaccine-preventable diseases. An example of a vaccine that needs boosting is tetanus and whooping cough (Td/Tdap). It is important to finish any vaccine series for your best protection. Research shows COVID-19 immunity weakens over time and more doses are needed from time to time. Follow the advice of your health department on which vaccines to get and when. Stay up to date!

### *Keeping track of your vaccines helps you and your family*

When getting vaccinated, ask for and carry a personal **Vaccine Record Card** that lists the vaccines you received. Get a Vaccine Record Card for each member of your family. You can track when boosters are due and have other vaccine details on hand for schools, employers, or other organizations that want to see you protected. Also, encourage your vaccine provider to report your vaccinations to your local/state immunization registry so members of your health care team can access your vaccination history.



## Good Vaccine Habits

**Updated COVID-19 vaccines are available.** Most people need one of these updated vaccines to have the best available protection. Scan your smartphone camera over the QR code for current recommendations or go to <https://www.cdc.gov/vaccines/schedules/index.html>



**Make sure all your vaccinations are up to date!** Have you gotten your flu shot or a tetanus booster? Are you at risk for pneumonia, shingles, RSV, or one of the other serious diseases that vaccines can prevent? Scan QR code for more info.

### *After you receive any vaccine:*

#### **Ask-Update-Report**

**ASK** your pharmacist or other provider to:  
**UPDATE** your Vaccine Record Card (or give you a card if needed)  
**REPORT** the vaccination to the Immunization Registry

#### **Carry & Share**

**CARRY** your updated Vaccine Record Card with you. Take a photo or add to an app  
**SHARE** it with every member of your health care team

#### **Secure**

**SECURE** your Vaccine Record Card:  
Use an app to track your vaccinations  
Take a picture of your card(s) and securely store it on your cell phone



*Talk to your pharmacist if you have any questions about your vaccinations. Schedule any vaccinations you need.*



**APhA**

American Pharmacists Association  
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