

# Disease Prevention Checklist

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:



## PROTECT YOURSELF AND EVERYONE ELSE FROM DISEASE

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.

**To protect yourself and others from preventable diseases, stay up-to-date on shots for these 16 vaccine-preventable diseases:**

- Bacterial meningitis
- Chickenpox
- Diphtheria
- Haemophilus influenzae* type b
- Hepatitis A and Hepatitis B
- Cervical & other cancers caused by human papillomavirus (HPV)
- Influenza (flu)
- Measles, Mumps, and Rubella
- Pertussis (whooping cough)
- Pneumococcal pneumonia
- Rotavirus diarrhea
- Shingles
- Tetanus