Your Healthiest Self

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

For other wellness topics, please visit www.nih.gov/wellnesstoolkits

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