

Fill in the blanks with one of the following words:

BLOOD PRESSURE BUSY EXERCISE FRUIT
JOB KIDS LIFESTYLE OFTEN ONCE
ROUTINE SHOULD

Margarita is 32 years old. She tries to have a healthy _____. She visits her doctor _____ a year for a _____ physical exam and get checked for high _____. She eats healthy food like fish, _____, and vegetables. Margarita knows that she _____ exercise, but she really doesn't do it very _____. She says, "I'm so _____ with my _____ and my two _____. I don't have time for _____!"

***Read the stories about Carlos and Jamal.
Then discuss the questions at the end with a partner.***

Carlos is 49 and works in a restaurant as a manager for a fast-food restaurant. He has a very stressful job – and he works long hours. He tries to find ways of relieving his stress. He finds that talking to friends or listening to music really helps him. He walks to work every day, and that not only helps with his stress, but gives him some exercise, too.

Carlos hasn't been to a doctor since he left his country six years ago. He says, "I exercise and eat well – so why do I need to see a doctor?"

1. What does Carlos do to be healthy?

2. What could he do to improve his health? Why is it important?

Jamal is 28 years old. He is a foreman in a construction company. He likes to lift weights and eat fish and vegetables. He also likes to go out with friends for a drink or two after work. This is his way to unwind and relieve the stress of work. After that, he goes home and has two more beers every night. He used to smoke a pack of cigarettes every day, but now he only smokes 3 to 4 cigarettes a day.

1. What does Jamal do to be healthy?

2. What could he do to improve his health? Why is it important?

Find Someone Who...

<i>Find someone who:</i>	<i>Names of Classmates</i>
Eats healthy food.	
Has never smoked.	
Is active (walks, runs, jogs or exercises most days).	
Listens to music when she/he is stressed.	
Had his/her blood pressure checked this year.	
Used to smoke.	
Calls a friend when she/he is stressed.	
Dances when she/he is stressed.	

STRESS



Talk to your classmates about ways to manage stress.

Write your ideas here.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



Vaccinations for Adults

You're NEVER too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

Vaccine Age ► ▼	19–49 years	50–64 years	65 years & older
Influenza	You need a dose yearly if you have a chronic health problem,* are a healthcare worker, have close contact with certain individuals,* or you simply want to avoid getting influenza or spreading it to others.	You need a dose every fall (or winter).	
Pneumococcal	You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions.*		You need 1 dose at age 65 (or older) if you've never been vaccinated. You may also need a 2nd dose.*
Tetanus, diphtheria, pertussis (Td, Tdap)	If you haven't had at least 3 tetanus-and-diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. All adults need Td booster doses every 10 years. If you're younger than age 65 years and haven't had pertussis-containing vaccine as an adult, one of the doses that you receive should have pertussis (whooping cough) vaccine in it—known as Tdap. Be sure to consult your healthcare provider if you have a deep or dirty wound.		
Hepatitis B (HepB)	You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3, usually given 5 months after dose #2).		
Hepatitis A (HepA)	You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
Human papillomavirus (HPV)	You need this vaccine if you are a woman who is age 26 years or younger. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)	You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*		
Varicella (Chickenpox)	If you've never had chickenpox or you were vaccinated but only received 1 dose, talk to your healthcare provider about whether you need this vaccine.		
Meningococcal	If you are a young adult going to college and plan to live in a dormitory, you need to get vaccinated against meningococcal disease. People with certain medical conditions should also receive this vaccine.*		
Zoster (shingles)			If you are age 60 years or older, you should get this vaccine now.

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Do you travel outside the United States? If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit CDC's website at www.cdc.gov/travel or call (800) CDC-INFO ([800] 232-4636). You may also consult a travel clinic or your healthcare provider.

When Do Children and Teens Need Vaccinations?

Age	HepB Hepatitis B	DTaP/Tdap Diphtheria, tetanus, pertussis	Hib Haemophilus influenzae type b	Polio	PCV Pneumococcal conjugate	RV Rotavirus	MMR Measles, mumps, rubella	Varicella Chickenpox	HepA Hepatitis A	HPV Human papillo- mavirus	MCV4 Meningococcal conjugate	Influenza
Birth	✓											
2 months	✓ (1-2 mos)	✓	✓	✓	✓	✓						
4 months	✓ ¹	✓	✓	✓	✓	✓						
6 months		✓	✓ ²		✓	✓ ²						
12 months		✓ ⁴	✓	✓	✓		✓ (12-15 mos)	✓ (12-15 mos)	✓✓ (2 doses given 6 mos apart at age 12-23 mos)			
15 months	✓ (6-18 mos)		✓ (12-15 mos)	✓ (6-18 mos)	✓ (12-15 mos)							
18 months			Catch-up ⁵ (to 5 years)	Catch-up ⁵	Catch-up ⁵ (to 5 years)		Catch-up ⁵	Catch-up ⁵				
19-23 months		Catch-up ⁵		Catch-up ⁵								✓ ³ (given each fall or winter to children ages 6 mos- 18 yrs)
4-6 years		✓		✓			✓	✓				
7-10 years	Catch-up ⁵	Catch-up ⁵							Catch-up ⁵			
11-12 years		✓ Tdap								✓✓ ⁶		
13-18 years		Catch-up ⁵ (Tdap/Td)		Catch-up ⁵						Catch-up ^{5,6}	Catch-up ^{5,7}	

- Your infant may not need a dose of HepB at age 4 months depending on the type of vaccine that your healthcare provider uses.
- Your infant may not need a dose of Hib vaccine or RV vaccine at age 6 months depending on the type of vaccine that your healthcare provider uses.
- One dose is recommended for most people. Children younger than age 9 years who are receiving influenza vaccine for the first time, or who received only 1 dose in the previous season (if it was their first vaccination season), should receive 2 doses spaced at least 4 weeks apart this season.
- This dose of DTaP may be given as early as age 12 months if it has been 6 months since the previous dose.

- If your child's vaccinations are delayed or missed entirely, they should be given as soon as possible.
- All girls and women age 11 through 26 years should be vaccinated with 3 doses of HPV vaccine, given over a 6-month period. Boys and men age 11 through 26 years may also be vaccinated with one of the HPV vaccines (Gardasil) to reduce their likelihood of getting genital warts. The vaccine may be given to children as young as age 9 years.
- If you have a teenager who is enrolling in college and planning to live in a dormitory and who hasn't previously been vaccinated against meningococcal disease, they should be vaccinated now.

Please note: Some children may need additional vaccines. Talk to your healthcare provider.