



Take Care of YOU

A Health and Wellness Bulletin | May 2023



2023 Vaccines & Immunizations

Vaccine Schedules by Age, Status

- [Newborns - 6 years](#)
- [7 years - 18 years](#)
- [19 years and older](#)
- [Adults with a medical condition\(s\)](#)
- [Healthcare providers](#)
- [Immigrants and refugees](#)
- [During & after pregnancy](#)
- [Before international travel, based on destination](#)

The Centers for Disease Control (CDC) recommends vaccines and immunizations based on a person's age, health status, job, living conditions, and other factors. The dreaded injection you get at your doctor's office prompts your immune system to attack the foreign organism, giving you protective antibodies and appropriate defenses in case you're exposed to the germ in the future. Receiving timely immunizations and boosters helps your body build and maintain immunity against infections and diseases.

If you are interested in knowing what immunizations you or your child may need, follow the links below, answer a handful of questions, and get a list of CDC-recommended vaccines based on your answers.

Vaccine Assessment Tools

- [Children birth through 18 years old](#)
- [Adults age 19+ years old](#)

Updated COVID-19 Vaccine Guidelines

As of April 19, the CDC's updated COVID-19 vaccine guidelines recommend that everyone age six and older receive at least one bivalent COVID-19 vaccine, which will protect against the original virus and the Omicron variant BA.4 and BA.5. Children age six months through five years may need multiple doses of the vaccine. People age 65 and older who received one dose still have the option to receive a second dose. People who are immunocompromised should follow the [COVID-19 vaccination schedule](#) according to their age and immune status.

Talk to your primary care physician about vaccines and their associated benefits, provisions, and potential side effects.