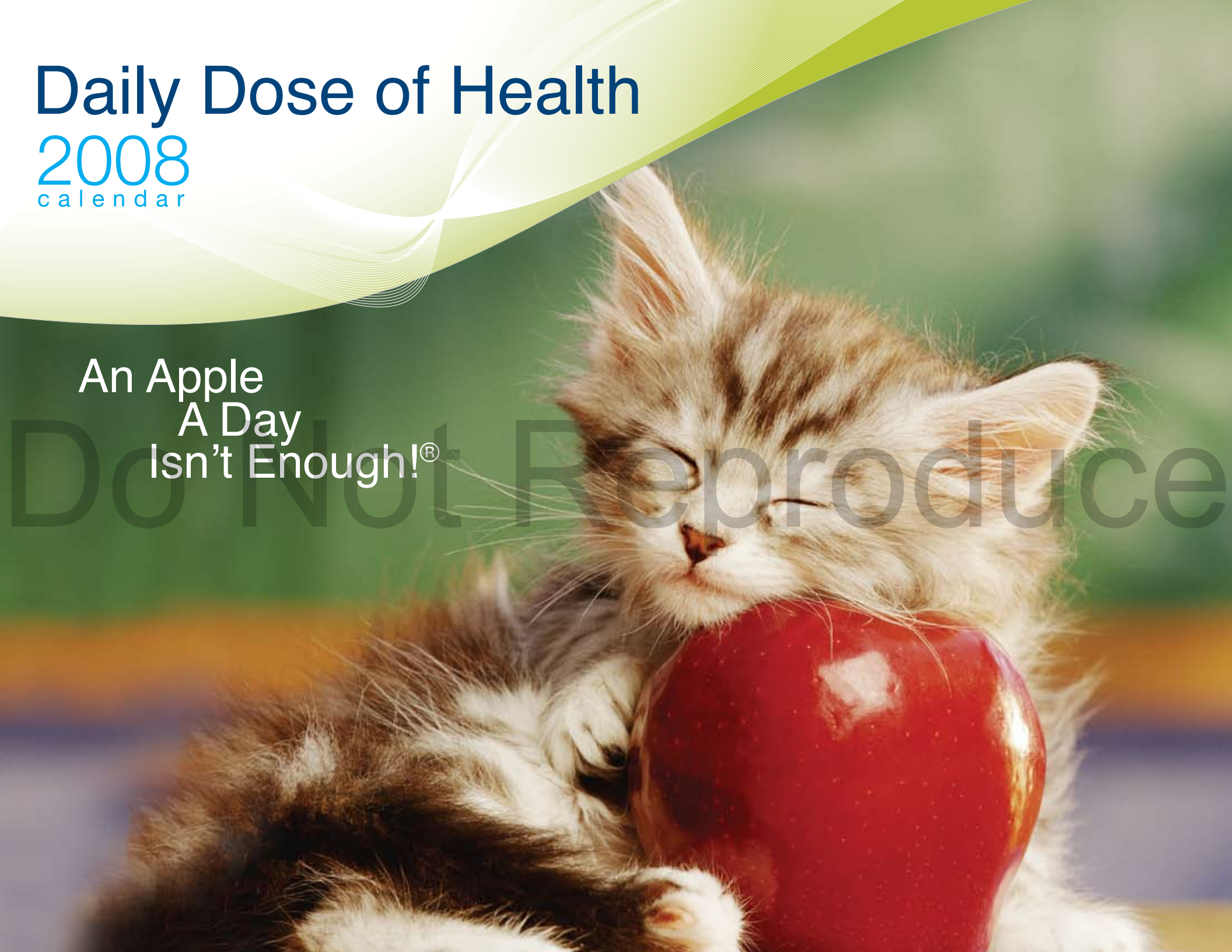


# Daily Dose of Health

2008  
calendar

An Apple  
A Day  
Isn't Enough!®

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# January 2008

## *A new year! A new start to a healthy life!*

- This is the month most people make diet and other resolutions.
- Why not look at healthy eating and other health improvements as health “evolutions?”
- When you are ready, make health changes one at a time.
- Start with one positive step, such as eating breakfast.
- Once this becomes a habit, take another healthy step.
- Changes that become healthy habits are likely to last.

## *My Health Goals for January*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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A new year! A new start to a healthy life!



# February 2008

## *Benefits of Walking*

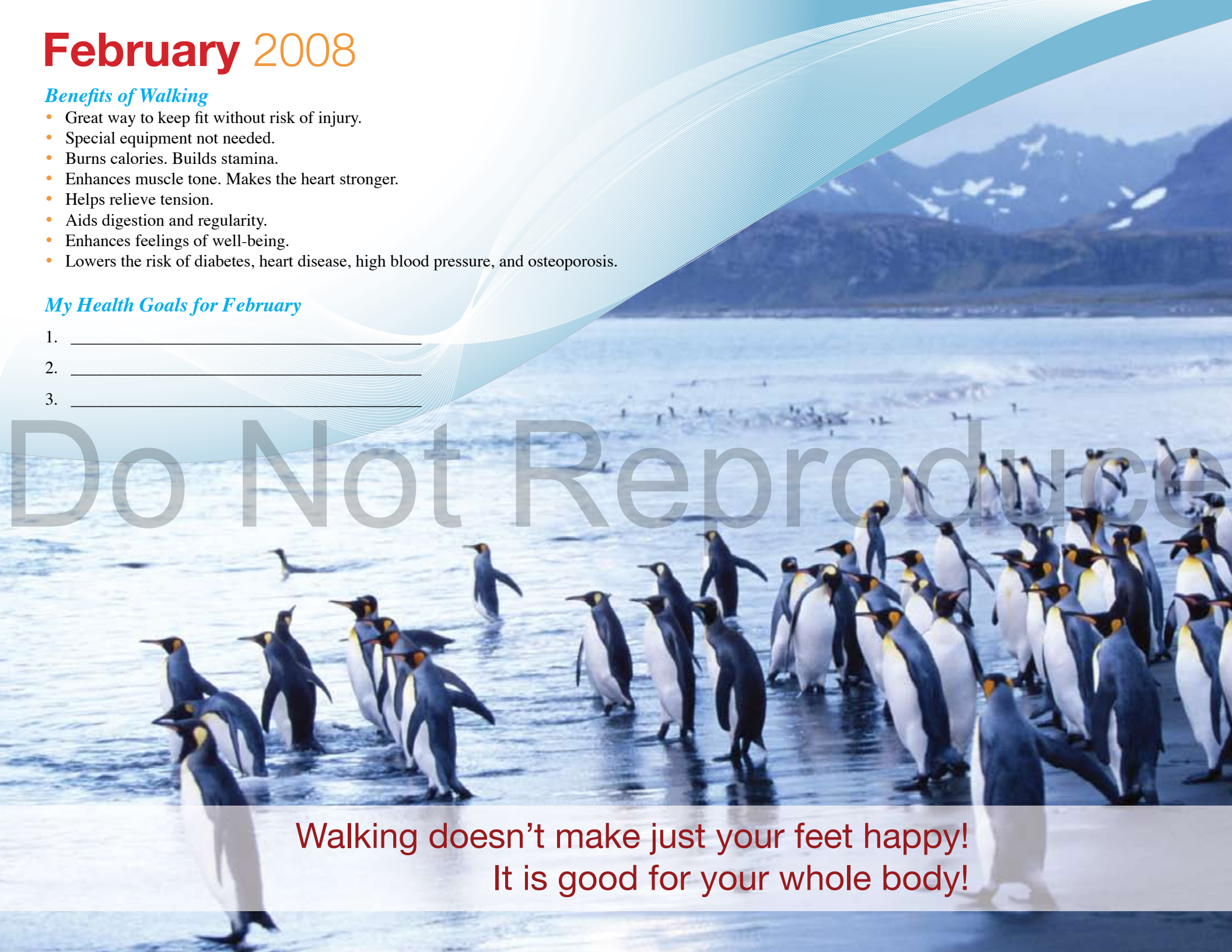
- Great way to keep fit without risk of injury.
- Special equipment not needed.
- Burns calories. Builds stamina.
- Enhances muscle tone. Makes the heart stronger.
- Helps relieve tension.
- Aids digestion and regularity.
- Enhances feelings of well-being.
- Lowers the risk of diabetes, heart disease, high blood pressure, and osteoporosis.

## *My Health Goals for February*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Walking doesn't make just your feet happy!  
It is good for your whole body!





# March 2008

## *Control Portion Sizes*

- First, find out how much you should eat each day. Go to [www.mypyramid.gov](http://www.mypyramid.gov) and click on MyPyramid Plan.
- You can print out a personal eating plan of how many servings of different food groups you should eat for your needs.
- Use measuring cups, spoons, etc.
- Limit second helpings, especially of foods high in fat and sugar.
- Burn off extra calories by adding physical activities.

## *My Health Goals for March*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**It's all about portion control!**

# March 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	April 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>Monthly Observances</b> American Red Cross Month   <a href="http://www.redcross.org">www.redcross.org</a> Colorectal Cancer Awareness   <a href="http://www.cancer.gov">www.cancer.gov</a> Nutrition Awareness   <a href="http://www.eatright.org">www.eatright.org</a> Workplace Eye Health & Safety   <a href="http://www.preventblindness.org">www.preventblindness.org</a>				1
2 <b>Patient Safety Awareness Week</b>	3	4	5 <b>Ash Wednesday</b>	6	7	8
9 <b>Daylight Saving Time Begins</b>	10 <b>Problem Gambling Awareness Week</b>	11	12	13	14	15
16 <b>Palm Sunday</b> <b>Poison Prevention Week</b>	17 <b>St. Patrick's Day</b>	18	19	20 <b>Spring Begins</b> <b>Purim (begins at sundown)</b>	21 <b>Good Friday</b> <b>Purim</b>	22
23 <b>Easter</b>	24 <b>Kick Butts Day</b> <b>Sleep Awareness Week</b>	25 <b>American Diabetes Alert Day</b>	26	27	28	29
30	31					

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# April 2008

## *Eating healthy foods is one of many steps to good health!*

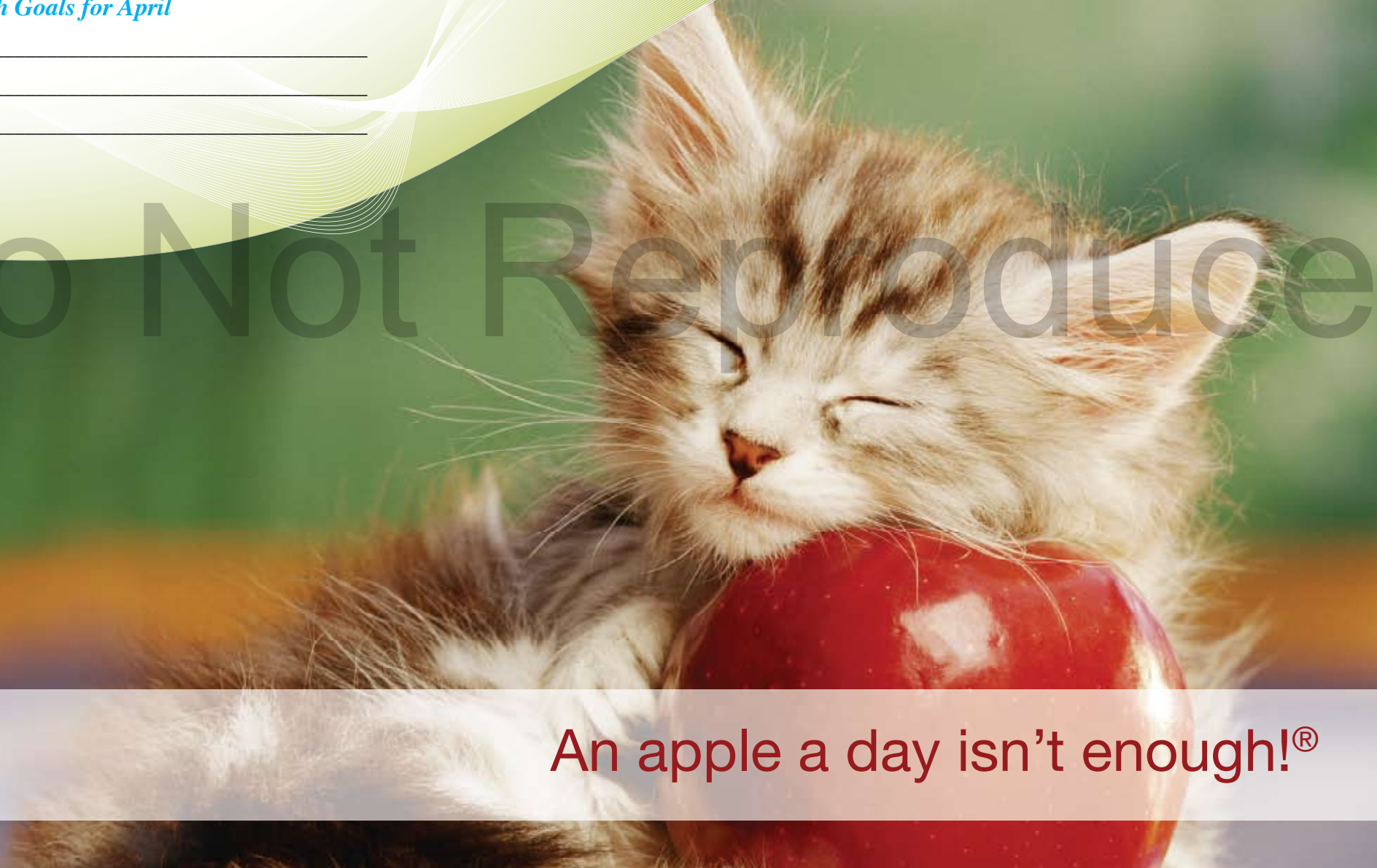
- Get at least 6 to 8 hours of sleep a night.
- Do regular exercise.
- Wash your hands often to lessen the chance of picking up cold and flu viruses and other germs.
- Maintain a healthy weight.
- Balance work and play.
- Have regular screening tests and exams, as advised by your doctor.

## *My Health Goals for April*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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An apple a day isn't enough!®





# April 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 April Fool's Day	2	3	4	5 Alcohol-Free Weekend
6 Public Health Week	7 World Health Day	8	9	10 Alcohol Screening Day	11	12
13	14	15 Federal Income Taxes Due	16 Administrative Professional's Day Stress Awareness + Employee Health & Fitness Day	17	18	19 Passover (begins at sundown)
20 Passover Volunteer Week	21	22 Earth Day	23	24	25	26
27 Orthodox Easter Infants Immunization Week	28	29	30	Monthly Observances Alcohol Awareness   <a href="http://www.ncadd.org">www.ncadd.org</a> Cancer Control   <a href="http://www.cancer.org">www.cancer.org</a> Humor Month   <a href="http://www.larrywilde.com">www.larrywilde.com</a> STD Awareness   <a href="http://www.ashastd.org">www.ashastd.org</a> Youth Sports Safety   <a href="http://www.nyssf.org">www.nyssf.org</a>		



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# May 2008

## *Sleep Tips*

- Do physical exercise daily.
- Follow a regular daily schedule for meals and snacks.
- Don't have more than 1 alcoholic drink with or after dinner. Avoid large meals near bedtime.
- Plan to wake up about the same time everyday. Avoid long naps during the day.
- Get sunlight everyday, especially in the afternoon.
- Dim the lights in the house an hour or two before going to bed.
- Follow a bedtime routine. Keep your bedroom dark, quiet, and comfortable.
- Limit caffeine. Do not have any for 6 hours before bedtime.

## *My Health Goals for May*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Nothing makes you feel better than a good night's sleep.

# May 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>Monthly Observances</b> Arthritis Awareness   <a href="http://www.arthritis.org">www.arthritis.org</a> Asthma & Allergy Awareness   <a href="http://www.aafa.org">www.aafa.org</a> Better Sleep   <a href="http://www.bettersleep.org">www.bettersleep.org</a> High Blood Pressure   <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a> Mental Health   <a href="http://www.nmha.org">www.nmha.org</a> Osteoporosis Awareness   <a href="http://www.nof.org">www.nof.org</a> Skin Cancer Awareness   <a href="http://www.cancer.org">www.cancer.org</a> Stroke Awareness   <a href="http://www.stroke.org">www.stroke.org</a>		1	2	3
4 <b>Mental Health Counseling Week</b>	5 <b>Cinco de Mayo</b>	6	7 <b>Anxiety Disorders Screening Day</b>	8	9	10
11 <b>Mother's Day</b> <b>Women's Health Week</b>	12 <b>Women's Checkup Day</b>	13	14	15	16	17 <b>Armed Forces Day</b>
18 <b>HIV Vaccine Awareness Day</b>	19 <b>Buckle Up America! Week</b>	20	21	22	23	24
25 <b>Running &amp; Fitness Week</b>	26 <b>Memorial Day</b>	27	28 <b>Senior Health &amp; Fitness Day</b>	29	30	31 <b>World "No Tobacco" Day</b>

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# June 2008

## *To reduce eyestrain from computer use:*

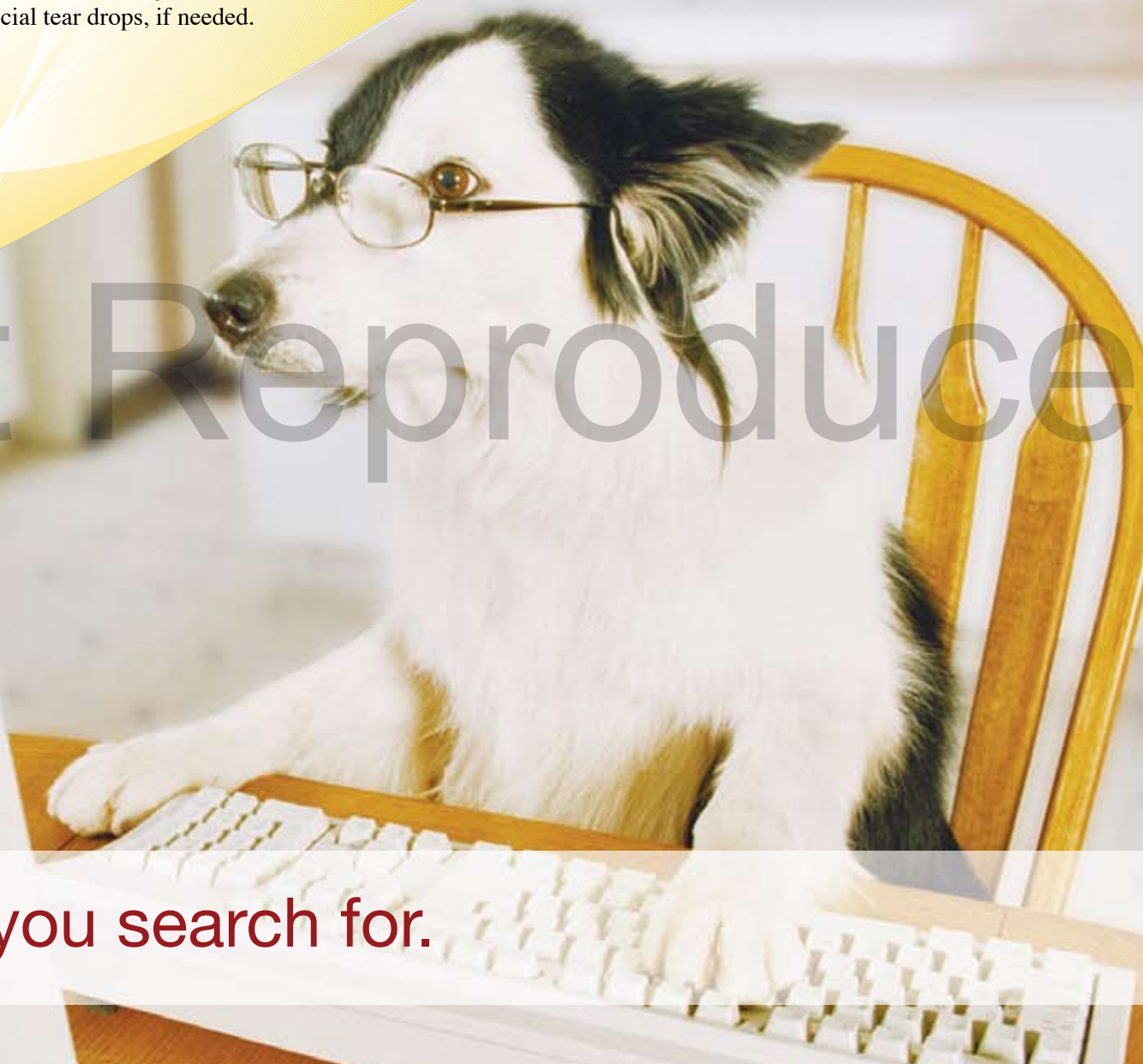
- Tell your eye specialist that you use a video display terminal (VDT). He or she can advise eyewear to meet your needs.
- Place the screen so that your line of sight is 10 to 15 degrees below horizontal. Position the VDT screen about 2 feet away from your eyes.
- Reduce glare. Place the VDT at right angles to a window. Turn off and shield overhead lights.
- Place your paperwork close enough that you don't have to keep refocusing when switching from the screen to the paper. Use a paper document holder placed at the same height as the VDT screen.
- Blink often to keep your eyes from getting dry. Use artificial tear drops, if needed.

## *My Health Goals for June*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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See clearly what you search for.



# June 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Cancer Survivor's Day</b>  <b>Headache Awareness Week</b>	2	3	4	5	6 <b>D-Day</b>	7
8	9 <b>Men's Health Week</b>	10	11	12	13	14 <b>Flag Day</b>
15 <b>Father's Day</b>	16	17	18	19	20 <b>Summer Begins</b>	21
22	23	24	25	26	27 <b>HIV Testing Day</b> <b>Eye Safety Awareness</b>	28
29	30	<b>May 2008</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>July 2008</b> S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>Monthly Observances</b> Fireworks Safety   <a href="http://www.preventblindness.org">www.preventblindness.org</a> Home Safety   <a href="http://www.homesafetycouncil.org">www.homesafetycouncil.org</a> Internet Safety   <a href="http://www.isafe.org">www.isafe.org</a> Fresh Fruit & Vegetable   <a href="http://www.fruitsandveggiesmatter.gov">www.fruitsandveggiesmatter.gov</a> National Safety   <a href="http://www.nsc.org">www.nsc.org</a>		



# July 2008

## *Tips to Protect Your Eyes*

- Anytime your eyes are exposed to ultraviolet (UV) light, wear eyewear that protects your eyes. Do this when it is sunny and even on cloudy days. Choose sunglasses that block 99 to 100% of both UVA and UVB rays.
- Pick the color lenses you want, but make sure they have UV protection.
- Take sunglasses you already have to your eye doctor or to an optical shop. A UV meter can measure the amount of UV a lens can absorb.
- The sun's UV rays are the most harmful between 11 a.m. and 3 p.m.
- Reflected glare from snow or ice doubles the risk of UV damage.
- If you wear contact lenses, choose ones with UV protection and wear sunglasses that have it, too. These protect eye tissue that the contact lenses do not cover.

## *My Health Goals for July*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Look cool and protect your eyes at the same time!

# July 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 <b>Canada Day</b>	2	3	4 <b>Independence Day</b>	5
6	7	8	9	10	11	12
13 <b>Therapeutic Recreation Week</b>	14	15	16	17	18	19
20 <b>International Massage Week</b>	21	22	23	24	25	26
27 <b>Parent's Day</b>	28	29	30	31	<b>Monthly Observances</b> Eye Injury Prevention   <a href="http://www.aao.org">www.aao.org</a> UV Safety   <a href="http://www.preventblindness.org">www.preventblindness.org</a>	



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# August 2008

## *Ways to DE-STRESS*

Do things that make you laugh.

Express your creative side. Write. Paint. Do a hobby.

Stretch muscles to relieve tension.

Take deep breaths. Meditate.

Relax with soothing music, a warm bath or shower, etc.

Escape to a place (or picture a scene) where you feel calm, happy, and secure.

Sip a cup of warm tea.

Share your feelings with others.

## *My Health Goals for August*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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Let your stress float away.





# August 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	September 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>Monthly Observances</b> Cataract Awareness   <a href="http://www.aao.org">www.aao.org</a> Children's Eye Health & Safety   <a href="http://www.preventblindnes.org">www.preventblindnes.org</a> Immunization Awareness   <a href="http://www.cdc.gov">www.cdc.gov</a> Medic Alert Awareness   <a href="http://www.medicalert.org">www.medicalert.org</a>			<b>1</b> <b>World Breast-Feeding Week</b>	<b>2</b>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Do Not Reproduce

# September 2008

## *Ways to get your fruits and vegetables:*

- Buy a variety of fruits and vegetables so they are handy to eat.
- Keep fruit in a bowl on your table or counter.
- Keep cut up veggies in clear containers in the refrigerator and at eye level when you open the door.
- Add raisins and other dried fruits to cereal, yogurt, and salads.
- Add onions, green pepper, mushrooms, etc. to scrambled eggs, casseroles, etc.
- Choose restaurants that offer vegetables, salad bars, and fruits for dessert.
- Get lunch or dinner at a produce store or deli that offers a lot of fruits and vegetables. Before eating them, wash the skins at the store's water fountain.

## *My Health Goals for September*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Silly rabbit; vegetables are for people, too!

# September 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Labor Day</b> <b>Ramadan Begins</b>  <b>Childhood Injury Prevention Week</b>	2	3	4	5	6
7 <b>Grandparent's Day</b>  <b>Suicide Prevention Week</b>	8	9	10 <b>World Suicide Prevention Day</b>	11 <b>Patriot Day</b>	12	13
14	15	16 <b>Take a Loved One to the Doctor Day</b>	17	18	19	20
21	22 <b>Autumn Begins</b>	23	24 <b>Women's Health &amp; Fitness Day</b>	25	26	27 <b>Family Health &amp; Fitness Day</b>
28 <b>Adult Immunization Week</b>	29 <b>Rosh Hashanah Begins at Sundown</b>	30 <b>Rosh Hashanah</b>	August 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>Monthly Observances</b> Cholesterol Education   <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a> Healthy Aging   <a href="http://www.healthyaging.net">www.healthyaging.net</a> Ovarian Cancer Awareness   <a href="http://www.ovarian.org">www.ovarian.org</a> Pain Awareness   <a href="http://www.nationalpainfoundation.org">www.nationalpainfoundation.org</a> Prostate Cancer Awareness   <a href="http://www.fightprostatecancer.org">www.fightprostatecancer.org</a>	

Do Not Reproduce

# October 2008

## *Ways to Take Care of Your Health*

- Maintain good health habits for eating, physical activity, and sleeping.
- Manage stress.
- See your doctor or health care provide on a regular basis.
- Take medicines, as advised.
- Don't use tobacco products. If you do, quit.
- Keep track of your health history.
- Get health information from reliable sources, such as your doctor and credible Web sites, such as [www.HealthyLearn.com](http://www.HealthyLearn.com).

## *My Health Goals for October*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Taking care of your health is within your reach.

# October 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>Monthly Observances</b> Breast Cancer Awareness   <a href="http://www.nbcam.org">www.nbcam.org</a> Children's Health   <a href="http://www.aap.org">www.aap.org</a> Dental Hygiene   <a href="http://www.adha.org">www.adha.org</a> Depression & Mental Health   <a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a> Talk About Prescriptions   <a href="http://www.talkaboutrx.org">www.talkaboutrx.org</a>		1	2 <b>Depression Screening Day</b>	3	4
5 <b>Mental Illness Awareness Week</b>	6 <b>Child Health Day</b>	7	8 <b>Yom Kippur Begins at Sundown</b>	9 <b>Yom Kippur</b>	10	11
12	13 <b>Columbus Day</b>	14	15	16 <b>World Food Day</b>	17 <b>Mammography Day</b>	18
19	20 <b>Infection Control Week</b>	21	22 <b>Lung Health Day</b>	23	24	25
26	27	28	29	30	31 <b>Halloween</b>	November 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

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# November 2008

*Find fun ways to get the water your body needs every day.*

- Drink water out of a martini or other fun glass.
- Add lemon or lime for a twist.
- Put cold water and ice in a decorated thermos.
- Drink water with a crazy straw.
- Freeze water in fun-shaped ice cube trays add ice from these to your glass of water or other beverages.
- Put lemon slices in water before freezing.

## *My Health Goals for November*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Using a special glass can make drinking water more fun!

# November 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>Monthly Observances</b> Alzheimer's Awareness   <a href="http://www.alz.org">www.alz.org</a> Diabetes   <a href="http://www.diabetes.org">www.diabetes.org</a> Flu & Pneumonia Campaign   <a href="http://www.cdc.gov/flu">www.cdc.gov/flu</a> Healthy Skin   <a href="http://www.aad.org">www.aad.org</a> Lung Cancer Awareness   <a href="http://www.alcase.org">www.alcase.org</a>			1	
2 Daylight Saving Time Ends	3	4 Election Day	5	6	7	8
9 Health Information & Technology Week	10	11 Veterans Day	12	13	14	15
16 GERD (Reflux) Awareness Week	17	18	19	20 Great American Smokeout	21	22
23 Family Week	24	25	26	27 Thanksgiving Day Tie One On (Red Ribbon) for Safety through Dec. 31 <sup>st</sup>	28	29
30						

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# December 2008

## *Getting tired of doing the same exercises?*

- Vary the activities you do.
  - Choose ones unique to the four seasons.
  - Select both indoor and outdoor exercises.
  - Try ones you do alone and ones you do with others.
- Pair exercise with other things you like, such as your favorite music, being with friends, etc.
- Check out new ways to exercise. Take dance lessons. Learn yoga. Exercise to a kick-boxing DVD.

## *My Health Goals for December*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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Getting tired of doing the same exercises?



# December 2008

For information on thousands of health topics, go to: [www.HealthyLearn.com](http://www.HealthyLearn.com)

In each day's colored triangle, write the numbers (1, 2, and/or 3) of this month's goals that you took steps to reach.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2008 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 <b>World's AIDS Day</b>	2	3	4	5	6
7 <b>Pearl Harbor Day</b> <b>Hand Washing Awareness Week</b>	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <b>Chanukah Begins at Sundown</b>	22 <b>Chanukah</b>	23	24	25 <b>Christmas Day</b>	26 <b>Kwanzaa Begins</b>	27
28	29	30	31	January 2009 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>Monthly Observances</b> Drunk & Drugged Driving Prevention   <a href="http://www.ncadd.com">www.ncadd.com</a> Safe Toys & Gifts   <a href="http://www.preventblindness.org">www.preventblindness.org</a> Tie One On for Safety (Red Ribbon) Campaign   <a href="http://www.nhtsa.dot.gov">www.nhtsa.dot.gov</a>	

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## Health Tests & When to Have Them

Health Test	Ages 18–29	Ages 30–39	Ages 40–49	Age 50 and older
Regular Dental Checkup	Every 6–12 months			
Physical Exam	Every 5 years	Every 2–4 years	Every 1–2 years	
Blood Pressure	At every office visit or at least every 2 years			
Vision	Every 5 years	Every 2–4 years	Every 1–2 years age 65+	
Cholesterol Blood Test	Starting at age 35 (men); 45 (women) every 5 years or as advised			
Pap Test	At least every 3 years until age 65. As advised after age 65.			
Chlamydia Screening	W O M E N	Discuss with doctor		
Mammogram		Every 1–2 years as advised		
Breast Self-Exam		Monthly or as advised. (See page 307.)		
Professional Breast Exam		Every 3 years	Every year	
Osteoporosis Screening		Starting at age 65 (60 for women at increased risk for fractures) as often as advised		
Testicular Self-Exam	M E N	Monthly or as advised. (See page 299.)		
Prostate Cancer Screening		Discuss with doctor		
Colorectal Cancer Screening		Discuss with doctor		

**Note:** These are general guidelines. Adults should also be screened for alcohol misuse, depression, obesity, and tobacco use. If you are at an increased risk for an illness, tests may need to be done sooner or more often. Extra tests (e.g., screening for diabetes, glaucoma) may also need to be done. Follow your doctor's advice. Check with your health plan to see if and when tests are covered.

## Adult Vaccines - Routine

Vaccine	19–26 Years	27–39 Years	40–64 Years	65 Years & Older
Tetanus/diphtheria (Td/Tdap)	Tdap if not gotten in the past. Td booster every 10 years.			Td booster
Influenza (flu vaccine)	Yearly between October and March for all adults age 50 and older; younger than age 50 if advised by health care provider.			
Pneumococcal (pneumonia vaccine)	Earlier than age 65 as advised by health care provider.			Once at age 65 or as advised.
Shingles vaccine	Age 60 and older			

## Vaccines Some Adults May Also Need

Hepatitis A	2-dose series if at high risk.
Hepatitis B	3-dose series if at high risk.
Human Papillomavirus	3-doses (for women only) by age 26.
Meningococcal (meningitis vaccine)	College freshmen who live in dorms.
MMR (measles, mumps, rubella)	Persons born in or after 1957 need 1 dose for measles vaccine. Check with health care provider if a 2nd dose is needed.
Varicella (chicken pox)	2-doses if no history of immunity to chicken pox.

Before traveling to other countries, find out if you need certain vaccines. Contact the National Immunization Information Hotline at 800.232.2522 or access [www.cdc.gov/travel](http://www.cdc.gov/travel). Discuss your needs with your doctor several months before you plan to travel.

For more information, contact:  
National Immunization Program | 800.232.2522 (English or Spanish) | [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Vaccine Schedule - Ages 0 to 18 Years

Age Vaccine <sup>1</sup>	Birth	1 mon	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4–6 yrs	11–12 yrs	13–18 yrs
Hepatitis B	HepB-1	HepB-2	HepB (if needed)		HepB-3			HepB Series <sup>2</sup>				
Rotavirus			Rota-1	Rota-2	Rota-3							
Diphtheria Tetanus Pertussis			DTaP-1	DTaP-2	DTaP-3		DTaP-4			DTaP	Tdap	Tdap <sup>2</sup>
Haemophilus Influenzae type b			Hib-1	Hib-2	Hib (if needed)		Hib-3 or 4			Hib <sup>2</sup>		
Pneumococcal <sup>1</sup>			PCV-1	PCV-2	PCV-3	PCV-4			PCV <sup>3</sup> (if needed)			
Inactivated Poliovirus			IPV-1	IPV-2	IPV-3				IPV			
Influenza					Influenza vaccine yearly as advised							
Varicella <sup>4</sup>						Varicella-1				Varicella-2	Varicella <sup>2,4</sup>	
Measles, Mumps, Rubella						MMR-1				MMR-2	MMR-2 <sup>2</sup>	
Hepatitis A <sup>5</sup>						HepA-1 at 12 to 35 months <sup>5</sup>				HepA Series <sup>2,5</sup>		
Meningococcal <sup>6</sup>											Meningococcal 11–12 yrs <sup>2,6</sup>	
Human Papillomavirus										HPV - 3 doses for girls 11–12 years <sup>2</sup>		

- For updates, contact CDC Immunization Program at 800.232.2522 (English and Spanish) or [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Ask your child's doctor what vaccines, health screenings, and checkups your child needs.
- Catch-up (make-up)** vaccines should be given to children and teenagers who have not already had them.
- PCV vaccine protects against meningitis and some pneumonias. All children 2 to 23 months of age and some children 24 to 59 months of age need a 5th dose. Some high-risk children between 24 months and 5 years of age may also need a vaccine called PPV. Ask your child's doctor.
- Children ages 13 years and older with no reliable history of chicken pox need 2 doses, at least 3 months apart.
- The second dose of HepA vaccine should be given at least 6 months after the first dose.
- If not given at age 11 to 12 years, the vaccine should be given to students starting high school.

