

WellnessLink helps you stay current on routine vaccinations. Use this tracker to record your vaccination dates. For assistance, call WellnessLink at 866-452-1693 or visit www.WellnessLinkNH.org. Always consult your doctor or pharmacist to discuss your specific healthcare options.

Recommended Vaccines ^{1,2}	When	Date Received
SHINGLES		
<p>What is it: Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. As you get older, the virus could become active again and cause shingles.</p> <p>Why get vaccinated: Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and/or itching, as well as a rash with fluid-filled blisters.</p>	Anytime!	<hr/> FIRST DOSE <hr/> SECOND DOSE
RSV		
<p>What is it: Respiratory syncytial virus (RSV) is a common virus that usually causes mild, cold-like symptoms.</p> <p>Why get vaccinated: Older adults have a higher risk of developing severe symptoms. They may need to be hospitalized, and the illness can even be life-threatening.</p>	Annually Fall / Winter	<hr/> DATE
COVID-19		
<p>What is it: COVID-19 is a respiratory disease that causes symptoms such as fever, cough, and shortness of breath.</p> <p>Why get vaccinated: Older adults are more likely than younger people to get very sick from COVID-19.</p>	Annually Flu season	<hr/> DATE
FLU		
<p>What is it: Flu is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches.</p> <p>Why get vaccinated: Older adults are at a higher risk for developing serious complications from the flu. The flu is transmitted.</p>	Annually October– December	<hr/> DATE
PNEUMOCOCCAL		
<p>What is it: Pneumococcal disease is a serious infection that spreads from person to person by air; affecting lungs and other parts of the body.</p> <p>Why get vaccinated: This vaccine helps protect you from getting a serious infection, including pneumonia.</p>	If you have not already received a pneumococcal conjugate vaccine ³	<hr/> ONE PCV15 <i>PLUS</i> ONE PCV20 OR <hr/> ONE DOSE PPSV23
TDAP		
<p>What is it: Tetanus, diphtheria, and pertussis are diseases caused by bacteria that can lead to serious illness and death.</p> <p>Why get vaccinated: Vaccination is the best way to prevent tetanus, diphtheria, and pertussis.</p>	Booster every 10 years	<hr/> DATE

¹ <https://www.nia.nih.gov/health/immunizations-and-vaccines/vaccinations-and-older-adults>

² <https://www.cdc.gov/vaccines/adults/rec-vac>

³ <https://www.hhs.gov/immunization/diseases/pneumonia>