



U of A DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

IMMUNITY *It's in the blood*
AR Community

Remember Everything for Your Visit...

- Insurance card
- ID card
- Glasses
- Hearing aids
- Helper/listener
- Calendar/schedule
- Your HANDBOOK
- Bag of all medicines

Other:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

How to Talk to Your Doctor



Recommended Adult Immunization Schedule by Age Group

| Vaccine | 19 - 26 years | 27 - 49 years | 50 - 64 years | > 65 years |
|--|---|---------------|---------------|------------|
| Influenza, inactivated IIV4 or RIV4 | 1 dose annually | | | |
| Influenza, live LAIV4 | 1 dose annually | | | |
| Tetanus, diphtheria, pertussis Tdap or Td | 1 dose every 10 years | | | |
| Measles, mumps, rubella MMR | 1 or 2 doses depending on indication (if born in 1957 or later) | | | |
| Varicella VAR | 2 doses (if born in 1980 or later) | | 2 doses | |
| Human papillomavirus HPV | 2 or 3 doses depending on age | 27 - 45 years | | |
| Pneumococcal PCV15, PCV20, PPSV23 | 1 dose PVS followed by PPSV23 or 1 dose PCV20 | | | |
| Hepatitis A HepA | 2 or 3 doses depending on the vaccine | | | |
| Hepatitis B HepB | 2, 3, or 4 doses depending on vaccine or condition | | | |
| Meningococcal A, C, W, Y MenACWY | 1 or 2 doses depending on indication, see notes for booster recommendations | | | |
| Meningococcal B MenB | 2 or 3 doses depending on vaccine & indication | | | |

Recommended vaccination for adults who meet age requirement, lack documentation, or lack evidence of past infection.

Recommended vaccination based on shared clinical decision-making.

Recommended vaccination for adults with an additional risk factor or another indication.

No recommendation/Not applicable.

This schedule is recommended by the Advisory Committee on Immunization Practices (ACIP) and approved by the Centers for Disease Control and Prevention (CDC). Remember to always consult your Primary Care Physician and/or Pharmacist to receive vaccinations. Find vaccine sites close to you online at vaccines.gov



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Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

| | % Daily Value* |
|---------------------------|----------------|
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Serving Size

2 Check Calories

3 % Daily Value (DV)
5% or less is **LOW**
20% or more is **HIGH**

4 Limit Saturated Fat,
Trans Fat, Sodium,
and Added Sugars

5% DV
or less
is **LOW**

5 Get enough
Fiber, Vitamins,
and Minerals

20% DV
or more
is **HIGH**