



BlueCross BlueShield of Texas



BlueResourceSM – Protecting Your Health – Getting Your Immunizations

Germ and Viruses Are Lurking

Protect yourself and others from spreadable diseases. A quick prick in the arm is all it takes to help you stay healthy. Talk with your doctor about which vaccines are right for you based on your age, wellbeing, health record and lifestyle. Common vaccines include:

- Flu
- Pneumonia
- Tetanus
- Shingles
- Human papillomavirus (HPV)
- Measles, mumps, rubella



Stay up to date on your shots.

Source: Vaccines for Adults: Which Do You Need? Mayo Clinic. 2019.