Shots Can Keep You Healthy
Shots keep you healthy.

- Some shots keep you from getting sick.
- These shots are called immunizations or vaccinations.
You can get a shot to help protect you from:

- Flu
- Measles, mumps, and rubella
- Tetanus and diphtheria
- Pneumonia
- Chickenpox and shingles
The shots you need may depend on whether:

• You are a man or a woman
• You are old or young
• Good health or bad
To decide which shots you need, your doctor will:

- Examine you
- Look at your medical records
- Review your health history
- Talk to you about your health
What happens when you get a shot?

• Most shots are given
  ▪ With a needle
  ▪ In your arm

• The doctor or nurse will give you a shot
After you get a shot:

- The place you got the shot may feel sore, red, or swollen
- Other parts of your body may also feel sore
- You may feel warm or have a low fever
Tell someone right away if:

- You feel dizzy
- You have trouble breathing
- You get a rash (pink or red bumps on your skin)
- Your heart starts beating really fast

These may be signs you need to see a doctor.
More about shots:

• Shots you may need:

• A card to write down the shots you get: