

# GUIDELINES FOR GOOD HEALTH

Become partners in your health. Live a healthy lifestyle and follow these basic preventive-care guidelines for you and your family.

## PREVENTIVE-CARE GUIDELINES FOR CHILDREN AND ADOLESCENTS

AGE	VACCINATION OR SCREENING TEST*	CHECKUP
Birth	Hep B (hepatitis B)	
2 weeks		Well-child visit
2 months	DTaP (diphtheria/tetanus/acellular pertussis), Hib ( <i>Haemophilus influenzae</i> type B), 2nd Hep B, polio vaccine, PCV (pneumococcal conjugate vaccine), 1st rotavirus oral vaccine	Well-child visit
4 months	2nd DTaP, 2nd Hib, 2nd PCV, 2nd polio vaccine, 2nd rotavirus oral vaccine	Well-child visit
6 months	3rd DTaP, 3rd Hib (if needed), 3rd Hep B, 3rd polio vaccine, 3rd PCV, <b>initiate seasonal influenza thru age 18</b> , 3rd rotavirus oral vaccine (if needed)	Well-child visit
9 months	Complete blood count, TB (tuberculosis) risk assessment, lead screening	Well-child visit
12 months	1st MMR (measles/mumps/rubella), 1st Hep A (hepatitis A), 1st varicella (chickenpox)	Well-child visit
15 months	4th DTaP, Hib, and PCV at age 15 to 18 months	Well-child visit
18 months	2nd Hep A; 4th DTaP, Hib, and PCV if not completed at 15 months	Well-child visit
2–6 years	2nd MMR, 2nd varicella (chickenpox), ages 3 to 6: TB risk assessment, booster DTaP, booster polio	Every year
7–13 years	Ages 11 to 12: Tdap (tetanus/diphtheria/acellular pertussis), 1st MCV4 (meningococcal conjugate vaccine); HPV (human papillomavirus) vaccine series ages 9 to 26; diabetes and cholesterol screening for high-risk individuals	Every other year (annually if required for school or sports)
14–21 years	Tdap if not given previously (pregnant women require an extra dose of Tdap to protect their fetus), then Td (tetanus/diphtheria) every 10 years; 2nd MCV4 at ages 16 to 18 years; HPV series if not given previously; annual chlamydia test for females if ever sexually active; complete blood count for females (once if high risk); diabetes and cholesterol screening for high-risk individuals	Every other year (annually if required for school or sports)

## SELF-CARE AND RISK COUNSELING FOR ALL AGES

ACTION	AGE	FREQUENCY
Tobacco use	All	Don't smoke, and avoid secondhand exposure
Substance abuse	All	Avoid or quit drugs; limit alcohol
Excessive sun exposure	All	Use a sunscreen daily with a minimum rating of SPF (sun protection factor) 30
Emotional wellness	All	Pay attention to your emotional well-being; plan time for yourself, get enough sleep, and think positive
Physical activity	All	At least 30 to 60 minutes of moderate activity per day, 5 days per week

## SELF-CARE AND RISK COUNSELING FOR ALL AGES (CONT.)

ACTION	AGE	FREQUENCY
Diet	All	At least 5 servings of fruit and vegetables a day, plenty of fiber; limit fat, cholesterol, and sugar. No sugary beverages.
Injury/accident prevention	All	Always use age-appropriate car restraints; don't drink and drive; always use bicycle/motorcycle/ATV helmets; lock firearms in a safe place
Violence/Abuse	All	Avoid relationships that contain verbal, emotional, physical, or sexual violence
Sexual practices	All	Practice safe sex to avoid HIV and other sexually transmitted infections
Pregnancy prevention	All	Always use effective birth control

## PREVENTIVE-CARE GUIDELINES FOR ADULTS

ACTION	AGE	FREQUENCY
<b>VACCINATIONS *</b>		
Influenza (flu)	18 years and older	Seasonally
Zoster	50 years and older	One 2 dose series, 2 to 6 months apart
Td (tetanus/diphtheria)	18 years and older	Once every 10 years
Tdap (tetanus/diphtheria/acellular pertussis)	18 years and older	Once in place of Td. Pregnant women require an extra dose of Tdap to protect their fetus with each pregnancy
Pneumococcus (pneumonia)	19–64 years	If high-risk conditions such as diabetes, asthma, smoking, etc., exist
	65 years and older	Once regardless of risk factors
HPV (human papillomavirus) vaccine series	18–26 years	Once (series of 3 injections) if not completed previously
<b>CANCER RISK SCREENINGS</b>		
COLON CANCER: iFOBT (stool test for blood) Colonoscopy	50–75 years	Once a year Every 10 years or more frequently as indicated after discussion with your health care provider
BREAST CANCER: Mammogram	40-49 years 50-74 years	Consider after discussion with your health care provider Every 1 to 2 years as directed by your physician
CERVICAL CANCER: Pap test	21 to 65 years	For ages 21 to 29, every 2 to 3 years; for ages 30 to 65, every 3 to 5 years with HPV co-testing or more frequently if high-risk
PROSTATE CANCER: PSA with rectal exam	50 years	Consider after discussion with your health care provider
<b>OTHER PREVENTIVE SERVICES</b>		
Blood pressure	18 years and older	Every 2 years
Cholesterol	18 years and older 40 and older	Once if never done before Every 5 years or more frequently for higher-risk individuals
Diabetes	45 years	Once every 3 years or more frequently for higher-risk individuals
Osteoporosis	65 years	At least once
<b>SEXUALLY TRANSMITTED DISEASES</b>		
Chlamydia test	18–25 years	Once a year for sexually active women or more frequently for higher-risk individuals