

# 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 / SCREENING TEST*	CHECKUP
Birth	Hep B (hepatitis B); RSV (up to 8 months if maternal vaccine not given)	
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 COVID and seasonal influenza vaccines thru age 18</b> , 3rd rotavirus oral vaccine (if needed)	Well-child visit
9 months	Complete blood count, TB (tuberculosis) risk assessment, lead screening, developmental screening	Well-child visit
12 months	1st MMR (measles/mumps/rubella), 1st Hep A (hepatitis A), 1st varicella (chickenpox), initiate every 6 months dental visits	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, developmental screening	Well-child visit
2 to 3 years	CBC and lead screening, developmental screening, catch-up screenings	Every year
3 to 6 years	2nd MMR, 2nd varicella (chickenpox), blood pressure check, hearing and vision screening, TB risk assessment, booster DTaP and booster polio	Every year
7 to 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; HIV screening at least once starting at age 12; diabetes and cholesterol screening for high-risk individuals	Every other year (annually if required for school or sports)
14 to 21 years	Tdap if not given previously, then Td (tetanus/diphtheria) every 10 years; 2nd MCV4 at ages 16 to 18 years; HPV series if not given previously; annual chlamydia test if sexually active; complete blood count for females (once if high risk); diabetes and cholesterol screening for high-risk individuals; pregnancy requires an extra dose of Tdap to protect the fetus, consider maternal RSV vaccine	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 or vape, 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 self-care, get enough sleep, practice mindfulness and gratitude
Physical activity	All	Get at least 30 to 60 minutes of moderate activity per day, 5 days per week
Diet	All	Eat at least 5 servings of fruit and vegetables a day, plenty of fiber; limit fat, cholesterol, sugar, and processed foods. No sugary beverages.

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

ACTION	AGE	FREQUENCY
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	Cultivate healthy relationships. Avoid or seek help for relationships that contain verbal, emotional, physical, or sexual abuse
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
COVID-19	18 years and older	Primary series and booster
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. An extra dose of Tdap is required to protect the fetus with each pregnancy.
Pneumococcus (pneumonia)	19 to 64 years 65 years and older	If high-risk conditions exist such as diabetes, asthma, smoking, etc. Once regardless of risk factors
HPV (human papillomavirus) vaccine series	18 to 26 years 27 to 45 years	One series of 3 injections if started at age 15 or older Discuss series with your doctor if you might be high risk
RSV	60 years and older	Discuss with your doctor
<b>CANCER RISK SCREENINGS</b>		
COLON CANCER: iFOBT (stool test for blood) OR Colonoscopy	45 to 75 years	iFOBT once a year OR colonoscopy every 10 years or more frequently as indicated after discussion with your doctor and care team
BREAST CANCER: Mammogram	40 to 49 years 50 to 74 years	Consider every 1 to 2 years after discussion with your doctor and care team Every 1 to 2 years as directed by your doctor
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
LUNG CANCER: Low dose chest CT	50 to 80 years	Annual screening in patients with 20-pack year smoking history, who are either currently smoking or quit within the last 15 years.
PROSTATE CANCER: PSA with rectal exam	50 to 69 years	Every 2 years after discussion with your doctor and care team
<b>OTHER PREVENTIVE SERVICES</b>		
Blood Pressure	18 years and older	Every 2 years
Cholesterol	20 to 39 years 40 to 75 years	Once if never done before Every 5 years or more frequently for higher risk individuals
Diabetes	35 to 75 years	Once every 3 years or more frequently in patients who have overweight or obesity
Osteoporosis	Women 65 years and older; men 70 years and older	At least once
<b>INFECTION SCREENING</b>		
Chlamydia test	18 to 25 years	Once a year for sexually active women or more frequently for higher-risk individuals
Hepatitis B	18 years and older	At least once
Hepatitis C	18 years and older	At least once
HIV	18 to 65 years	At least once