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## Thankfulness and Hope WILLIAM BAKER, MD



It is hard to find someone not fearful, sad, frustrated, disappointed, stressed, weary and uncertain about the future. In the midst of an unpredictable Covid 19 pandemic, all of this is easy to understand. Some folks have suffered immeasurably with the loss of family members, serious illness, loss of employment and sudden uncertainty about the basic necessities of life. Children and parents are coping with virtual learning and anxiety concerning when it will be safe for them to return to classroom learning. The consequences of all of this disruption are profound. No one is unaffected.

As we approach the season of Thanksgiving and Holiday celebration it is never more important to consider what we have and at least for a time, turn our eyes from what we have lost. More than anything, the Holiday Season, with celebrations of Thanksgiving, Hannukah, Christmas and New Year's remind us of all there is to be thankful for and renew our hope for a brighter future.

The American traditions of

Thanksgiving are thought to originate from the autumn feast shared between the Plymouth colonists and Wampanoag Indians in November 1621. The first Thanksgiving brought much to be thankful for. Desiring religious freedom and land ownership, the Pilgrims left Plymouth, England in September of 1620. The 102 passengers arrived after a difficult 66 day crossing and anchored near the tip on Cape Cod, Massachusetts. They stayed onboard ship and endured a brutal winter marked by death and disease from exposure, scurvy, and contagious disease. Half of the passengers died. The survivors moved ashore in March and with the considerable assistance of the Native Americans, learned to cultivate corn, extract sap from the maple trees, catch fish and avoid poisonous plants. By November 1621, the Pilgrims had much to be thankful for. Having suffered greatly and endured unspeakable loss, they were alive. They had reason to believe they could survive, they had hope.

There are 14 religious holidays celebrated by believers from the end of November through











December. Islam celebrates the birth of the prophet Muhammad as Mawlid el-Nabi. Hannukah is the eight-day Jewish festival of lights celebrating the Maccabean revolt in Egypt. Christmas celebrates the birth of Jesus Christ. All of these holidays look from oppression and suffering to hope and renewal.

Today, the world is gripped in a pandemic with over 40 million infected and over a million deaths. In America, we have lost over 230,000 of our citizens. There is no certain end in sight. We look to a vaccine, which in time will surely help to change the course of the disease and reduce the number

deaths. We want to believe that as soon as a vaccine is available life will rapidly return to “normal”. The reality is we WILL get through this! A better and safer time will emerge. We have so much to be thankful for. We know what to do to survive – wear a mask, wash our hands, stay 6 feet apart. The world’s best scientists are every day making progress toward the validation of a safe and effective vaccine. Better treatments are emerging to reduce the risk of death in those who are most seriously ill. Each of us is learning to live in our “new normal” until we reach a safer time. Just as the Pilgrims, there is much reason to give thanks! Moving from

Thanksgiving to celebrating our traditions of faith, we appreciate the opportunity to share gifts, symbolizing those given to us. We turn from a time of darkness to celebration and hope for a new day to come. In your prayer of thanks please remember the many Americans and those around the world suffering the consequences of Covid 19 illness, pandemic-related hunger, unemployment and displacement, the first responders, physicians, nurses and other healthcare workers placing themselves at risk to care for those who are infected and the scientists working to bring the pandemic to a stop. Stay safe and stay well!

## COVID-19 symptoms in comparison to the flu and the common cold

Symptoms		Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
	Fever	Common	Rare	Common
	Fatigue	Sometimes	Sometimes	Common
	Cough	Common (usually dry)	Mild	Common (usually dry)
	Sneezing	No	Common	No
	Aches and pains	Sometimes	Common	Common
	Runny or stuffy nose	Rare	Common	Sometime
	Sore throat	Sometimes	Common	Sometime
	Diarrhea	Rare	No	Sometimes for Children
	Headaches	Sometimes	Rare	Common
	Shortness of breath	Sometimes	No	No

# Let's Finish this Year – But Finish Strong!

By Kelsey Reason, CEP

Covid-19 has turned 2020 upside down and if you're anything like me, you've never anticipated the New Year quite as much as you do now. It is our hope that as we turn to 2021, the dangers of Coronavirus will pass and we can all move on to our everyday, normal lives once again. We would all love to know how the future will turn out but all we can do is live in the present. Many of us just want to finish this year, but let's finish it strong!

One thing I've heard a lot lately is how many of us have gained "Covid weight". When you factor in our anticipated "holiday weight" gain as well, the end of 2020 isn't looking too good on the health front. But there is still time to make the most of this year and establish healthy habits that will make 2021 good from the get go. Thankfully the gyms have reopened so there is plenty of opportunity to exercise indoors. If the gym is not a good option for you there are various options for indoor exercise at home as well.

One of the most important things you can do to increase or maintain your physical health is to combine regular activity with the control of your food intake. Cardiovascular exercise is the primary way to build up endurance and stamina for activities of daily living. Most people think cardio can only be done on a piece of an equipment at a public or home gym. Cardiovascular exercise simply involves continuous, rhythmic activities such as walking, jogging, biking, and using an elliptical. You may either conduct these types of activities at once for an extended duration of time or in multiple shorter intervals (bouts of at least



10 minutes) that add up to the desired amount of time. When beginning to exercise the trick is to start slowly and gradually build up the exercise duration and/or intensity as your body adapts and becomes stronger. The goal is to conduct 150 minutes of moderate intensity exercise per week. Strength training is a good addition to cardiovascular endurance training; some exercises such as jumping jacks, burpees, squat jumps, mountain climbers, climbing stairs, and jump-roping can combine both strength training and cardio for a whole body workout. When trying to figure out what kinds of exercise to do indoors, there are an abundance of workout videos that can be found online that use little to no equipment, but be sure to conduct the exercises in front of a mirror or with a partner to help spot you to ensure that you are doing the movements correctly, to avoid injury, and gain the maximum benefits of the exercise.

Lastly, do not fall into the trap of thinking that just because you have started to work out that you can indulge in as many of the festive holiday foods and drinks as you'd like. You still need to monitor your caloric intake to avoid gaining weight this holiday season. Often we are deceived into thinking that the multiple snacks or sweets that we eat throughout the day, and perhaps our holiday drinks, don't really count for that much, but when you really start to track everything that goes into your mouth I think you would be surprised. Talk with your doctor before beginning a diet but generally speaking, it is recommended that we consume between 1,200 and 2,000 calories per day. This can be hard to do during the holidays, but being mindful of it and striving towards a healthier lifestyle is a step in the right direction. Be sure to enjoy this holiday season but have everything in moderation and don't neglect your exercise so that we can finish 2020 strong!

# Are You Ready for Flu Season AND the Coronavirus?

By Bakersfield Heart Hospital



Flu season comes every year, but this will be the first time we kick off a flu season during a COVID-19 pandemic! Some of us always take flu season seriously – we get vaccinated as soon as the flu shot becomes available. Others, however...not so much.

With the coronavirus in the mix this year, should you change how you approach this year's flu season? You had better believe it!

## Flu and Coronavirus Symptoms: How do I tell them apart?

Unfortunately, it may be difficult to tell the two apart. Some coronavirus symptoms are similar to those of bronchitis, the common cold and the flu. So if you come down with any kind of illness, the best thing to do is call your doctor, explain your symptoms and self-quarantine until you get the facts.

## Will this year's flu season be worse than most?

It is hard to predict how bad the seasonal flu will be. However, it may actually be our behavior changes — such as wearing a mask and practicing physical distancing,

and closures or cancellations of school, work, travel and public events — that will help contain the spread of the flu, other respiratory viruses, and COVID-19.

## Prevention is Still the Best Medicine

- Get a flu shot. Even if you usually skip the flu shot, this is the year to make sure you get one.
- Don't forget the kids. It's important to ensure your children (over 6 months old) get flu shots — and any other vaccines they need.
- Care for yourself and your family with good nutrition, plenty of rest, proper hydration, regular exercise and stress management. Always stay home if you feel sick.
- Continue protecting yourself from the coronavirus. Even if you are tired of following coronavirus precautions such as washing your hands frequently, cleaning and sanitizing, wearing a face mask and social distancing, it's especially important now to keep up the good work — and encourage your family to do the same.

## We Are Ready if you Need Us

We hope you won't need to visit Bakersfield Heart Hospital's Emergency Department this flu season, but if you do, just know, we are ready for you.

- Our staff are required to wear personal protective equipment (PPE) which includes a mask, face shield, gloves and gowns.
- Temperature and symptom checks are required for anyone entering the facility.
- There are separate waiting areas for people who have COVID-19 or are experiencing symptoms.
- We clean and disinfect the ER waiting room, restrooms and surfaces often per CDC (Centers for Disease Control and Prevention) hospital cleaning protocols.
- You will find check-in and waiting areas arranged for social distancing.

Remember - it's just as important to seek emergency care if you have serious, non-COVID-19 symptoms as you do when you have coronavirus symptoms. Delaying care for a medical emergency, such as a chest pain, difficulty breathing or stroke symptoms, can be life threatening and lead to serious complications.

## COLCHICINE CORONAVIRUS SARS-COV2 TRIAL (COLCORONA)

**If you are diagnosed with and/or test POSITIVE for COVID-19 you may be eligible to participate in an important new trial designed to prevent hospitalization and death, using the FDA-approved drug COLCHICINE.**

### CRITERIA:

- At least 40 years of age or older
- Have one of the following high-risk conditions – age 70 or older, obesity, uncontrolled high blood pressure (systolic blood pressure over 150), asthma, chronic lung disease, diabetes, heart failure, coronary artery disease, fever over 101.1 degrees within the last 48 hours.
- Results from prior kidney function test (GFR) will be needed from your physician. Please obtain these results by calling your Physician as soon as possible.
- There are few exclusions other than pregnancy.

Help us advance our understanding of COVID-19 and potentially save thousands if not millions of patients from hospitalization and death. If you are diagnosed with COVID-19 infection, please contact us immediately for further information regarding your participation in COLCORONA.

**TO PARTICIPATE CALL (661)716-4751  
MAKE A DIFFERENCE KERN COUNTY!**

This project is funded by NIH-NHLBI R01 Supplement, Canadian Ministry of Health, and the Bill and Melinda Gates Foundation. The drug is provided by PharmaScience.

### STEPS TO TAKE:

- CONTACT THE REGIONAL TRIAL COORDINATOR WITHIN **24 HOURS** OF DIAGNOSIS **(661)716-4751**
- YOU WILL BE CONTACTED BY THE COLCORONA TEAM AND GIVEN INFORMATION ON THE TRIAL AS WELL AS ASKED A SERIES OF QUESTIONS TO DETERMINE IF YOU QUALIFY FOR THE STUDY
- IF YOU QUALIFY YOU WILL BE ENTERED INTO THE TRIAL AND BEGIN MEDICATION WITHIN **48 HOURS** OF YOUR POSITIVE TEST RESULTS OR DIAGNOSIS OF COVID 19.
- STUDY DRUG WILL BE DELIVERED TO YOU WITHIN **4 HOURS** USING A CONTACTLESS APPROACH

## Ensayo de COLCHICINE CORONAVIRUS SARS-COV2 (COLCORONA)

**Si usted fue diagnosticado obtuvo resultado POSITIVO a COVID-19 usted puede ser elegible para participar en un nuevo ensayo muy importante diseñado para prevenir la hospitalización y disminuir los índices de muerte por COVID-19, utilizando el medicamento aprobado por la Administración de drogas y alimentación, COLCHICINE.**

### Criterios:

- Al menos 40 años de edad o más
- Tiene una de las siguientes condiciones de alto riesgo – edad 70 o más, obesidad, presión arterial alta no controlada (presión arterial sistólica mayor de 150), asma, enfermedad pulmonar crónica, diabetes, insuficiencia cardíaca, enfermedad de las arterias coronarias, fiebre por encima de 101.1 grados en las últimas 48 horas.
- Los resultados de la prueba previa de la función renal (GFR) serán necesarios de su médico. Por favor, obtenga estos resultados llamando a su médico tan pronto como sea posible.
- Hay pocas exclusiones aparte del embarazo.

Ayúdanos a avanzar en nuestra comprensión de COVID-19 y potencialmente ahorrar miles o millones de pacientes de la hospitalización y la muerte. Si le diagnostican infección por COVID-19, póngase en contacto con nosotros inmediatamente para obtener más información sobre su participación en COLCORONA.

**PARA PARTICIPAR LLAME AL (661)716-4751  
¡HAGA UNA DIFERENCIA EN EL CONDADO DE KERN!**

Este proyecto está financiado por NIH-NHLBI R01 S, el Ministerio de Salud de Canadá y la Fundación Bill y Melinda Gates. El medicamento es proporcionado por PharmaScience.

### PASOS PARA TOMAR:

- COMUNÍQUESE CON EL COORDINADOR REGIONAL DE ENSAYOS DENTRO DE LAS **24 HORAS** POSTERIORES AL DIAGNÓSTICO **(661)716-4751**
- SE LE CONTACTARÁ CON EL EQUIPO DE COLCORONA Y LE DARÁ INFORMACIÓN SOBRE EL ENSAYO, ASÍ COMO LE HARÁ UNA SERIE DE PREGUNTAS PARA DETERMINAR SI CALIFICA PARA EL ESTUDIO
- SI CALIFICA, SE LE INGRESARÁ EN EL ENSAYO Y COMENZARÁ EL MEDICAMENTO DENTRO DE LAS **48 HORAS** POSTERIORES A LOS RESULTADOS POSITIVOS DE SU PRUEBA O DIAGNÓSTICO DE COVID 19.
- EL MEDICAMENTO DEL ESTUDIO SE LE ENTREGARÁ EN UN PLAZO DE **4 HORAS** UTILIZANDO UN ENFOQUE SIN CONTACTO PERSONAL.

# Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Endocrinology, Pulmonology, Infusion Services, Neurology, General Surgery, Neurosurgical Spine Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Golden Valley Medical Associates**
- **Harjeet Singh, MD**
- **Dr. Viridi - Neurology**
- **Dr. Ian Armstrong - Spine Specialist**
- **Dr. Fontaine and Dr. Borst - Radiology**
- **Dr. Ashraf - Pulmonology**
- **Dr. Nisim - General Surgery**
- **Southwest Internal Medicine**
- **Clinica Del Valle**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**
- **Centric Infusion Center**
- **Centric Priority Care Clinic**

## What's new at Centric?

Centric Health is pleased to welcome Harjeet Singh, MD to its growing family. Dr. Singh's office is located at 2415 Niles St., Bakersfield, CA 93306 and he provides comprehensive primarycare services at this location. Call (661) 631-1591 to make appointments.

## Nutrition Nuggets - Michele Chynoweth, RD, CDE

Covid 19 has already made inroads into our eating, sleeping and exercise habits. Top it off the poor air quality due to several fires in our state has caused us to regroup and set some new goals. Then, the threat of power shortages adds another dimension to our “plan ahead’ list.

### Plan ahead resources

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html>
- <http://www.mydiabetesemergencyplan.com/>

**Some of the high-risk groups** for complications with Covid19 are those with hypertension and/or diabetes. Who are these people? 27% or more seniors have diabetes (most have Type 2 or T2D). Younger people are at increasing risk due to sedentary lifestyle and higher fat and concentrated sweet consumption (such as fast foods, sodas, sports beverages, energy drinks & flavored tea/coffee beverages)

Manage blood glucose .. both the pre-meal and after meal. The body sees all the numbers in between. To get to through holidays without extra pounds, high blood pressure, cholesterol and triglycerides and elevated hemoglobin a1c (3-month average):

Small steps..and even help from technology...

- Try a new recipe
- Watch YouTube -dance or cooking show
- Check out new devices for checking blood sugar without finger sticks. Some insurances will cover these continuous glucose

monitor sensors for anyone with diabetes, but many, like Medicare require using insulin at mealtime. Ask how these devices are covered. Check out the manufacturer’s website for coupons if you have a commercial insurance (nonMedicare; nonMedi-Cal)

Log your food using a new app—on your phone or computer. Check out MyFitness Pal, Nutritionix. Some APPs allow “sharing” with your dietitian for follow-up visits. The APPs monitor sodium, saturated fat, carbohydrates (carbs) and/ or calories.. Choose one item...and see if you are meeting your nutrition goals with your dietitian.

**Celebrations** will be changed for 2020. Thanksgiving, Christmas, Hannukah, Kwanza, New Year will be different, but we can still make the days fun and memorable.

Lots of great ideas to morph this holiday into a virtual celebration. Facetime, WebEx, Google Meet up and Zoom are technologies that allow us to at least see each other; sing, dance and raise our hands together. Use these to keep in touch... and to touch your shoulders, knees and toes. Use the carol- “12 Days of Christmas” ...sing it or use it as a model for physical activities...12 days of Fitness. Google for ideas or create your own.

### Give the gift that keeps on giving

- all year long...Healthy habits. Seniors and disabled who are Medicare beneficiaries have yearly benefits for nutrition therapy if they have diabetes or chronic kidney disease. Right now, Covid19 waivers for Medicare Part B have approved telehealth and

telephone consultations as well as mask to mask. Many insurances cover visits with the dietitian for diabetes and other health issues. Some face to face; others also virtually. Ask member services how the nutrition therapy visits are covered. Find a Registered Dietitian at [www.eatright.org/find-an-expert](http://www.eatright.org/find-an-expert) or 1.800.877.1600 or 1.800. Medicare

Food items can be colorful table decorations and gifts. String air popped popcorn and fresh cranberries into a garland for tree trimming...

Pinterest has great examples. Collect pine cones from your neighborhood walk. Pick fresh oranges off your tree (or purchase at growers or grocery store) to make orange pomander. Use cloves to design an orange, mandarin or grapefruit. Keeps for 3-4 days. For older children & adults for decoration not eating. RETHINK holiday snacks, beverages and menus.

**Beverages**—use sugar free sparkling waters to stretch the calories and give that lively fizz. Limit alcohol (wine, beer, Margueritas, mixed drinks) due to medication interactions, calories and driving safety.

### Main dishes can become side dishes

; vegetables can be the showpiece on the plate. Comfort foods—like the post-Thanksgiving turkey soup can be a source of whole grain or fiber by using alternative foods to thicken. Brown rice, smashed sweet potatoes or pumpkin or mashed cannellini beans (beans provide the most soluble fiber... 7 grams

per ½ cup; 1/3 cup whole grains 1.1 grams; squash 1.7 grams) will give a gentle thickness and add nutrition density.

Increase the use of vegetables to highlight a meal rather than as a side dish. Fall or Winter squashes—pumpkin, Hubbard, Queen Anne, butternut, acorn, or banana squash feed many people and can be placed in the oven to lessen the workload.

Before cooking squashes can serve as table decoration, centerpiece for the serving platter and fun to “stuff”. The squashes can be baked, boiled, cubed, roasted, sweetened, blended/pureed and added to soups, stews or chili. Include in puddings, custards, nut breads and more.

**“Crustless” Pumpkin Puree Recipe (Serves 6)**

Choose a pie pumpkin (or other winter squash) & wash the exterior. Cut in 1/2 lengthwise and remove the seeds and pulp. (You can save the seeds, rinse and roast with salt or cinnamon).

Roast the pumpkin in your oven for about 45 minutes at 350 degrees. Simply peel away the skin from the flesh and place the ½ the pumpkin into your food processor or blender. Use the remaining pumpkin to cube & roast.

(see another recipe below)

Ingredients:

- ½ teaspoon stevia powder (if packets, use sugar sub equivalent to or use 1/2 c sugar)
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon nutmeg
- ¼ teaspoon salt (optional)
- 2 eggs or ½ cup egg substitute
- 1 ¾ cups pumpkin puree
- 1 cup low-fat or non-fat evaporated milk. (substitution 1 cup soy milk or silken tofu)

In a large bowl, whisk eggs and pumpkin puree together. Add the rest of the ingredients and whisk together while slowly pouring in the evaporated milk (or soy, tofu). Pour mixture into Pam-sprayed pie plate (without crust) Bake in the oven for 20 minutes

at 390 degrees, reduce oven to 350 degrees and bake for another 45 – 60 minutes until inserted toothpick comes out clean. Store in the refrigerator overnight.

**Roasted Pumpkin (or other winter squash) Cubes**

Take the remaining ½ of baked pumpkin. Peel skin away. Cut into 1 ½ inch cubes. Mix 1 tablespoon olive oil, 1 tablespoon vinegar, 1 tablespoon lemon juice and 1 1/2 tablespoon crushed Italian seasonings and ½ teaspoon salt. (or use 3 tablespoons lite balsamic vinaigrette). Place the cubed pumpkin in bowl with mixed dressing. Toss. Place on a cookie sheet sprayed with nonstick spray. Preheat oven 400 degrees. Cook 12-15 minutes Toss for even baking. Use for snacks, side dish or mixed with other vegetables.

Create your own SMALL STEPS Calendar. Sample Action items for Dec 1st thru 24th. Cover each day with post it note for a surprise reveal.

		1 Try a new veggie	2 Cut up apple for snack	3 Walk to mail box 3 times	4 Buy fresh Cran-berry	5 Find Cheese < 5 gr. fat/oz
6 Try a Zoom Salsa class	7 Talk to friend while you march	8 Locate shot glass. Use to measure nuts	9 Go to bed 30 minutes earlier	10 Add winter squash to soup	11 Find sugar free sparkling water	12 Use Small fork all day
13 Find Cauli-flower pizza crust	14 Walk 3 min for every 30min seated	15 Let 4 bites remain on your plate	16 Count veg-gies eaten today	17 Give a fruit basket as a gift	18 Add lemon slice to water	19 Take photo of your lunch Colorful or brown & white?
20 Make mango salsa	21 Find Fish recipe	22 Try recipe at diabetes foodhub.org	23 Stand up during ½ of TV com-mer-cials	24 Add cran-ber-ries to kale or spinach salad		Happy Holidays Medicare requires new Rx for dieti-tian Jan 2021



# Recommended Adult Immunization Schedule for ages 19 years or older

UNITED STATES  
**2020**

## How to use the adult immunization schedule

- 1** Determine recommended vaccinations by age (**Table 1**)
- 2** Assess need for additional recommended vaccinations by medical condition and other indications (**Table 2**)
- 3** Review vaccine types, frequencies, and intervals and considerations for special situations (**Notes**)

Recommended by the Advisory Committee on Immunization Practices ([www.cdc.gov/vaccines/acip](http://www.cdc.gov/vaccines/acip)) and approved by the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), American College of Physicians ([www.acponline.org](http://www.acponline.org)), American Academy of Family Physicians ([www.aafp.org](http://www.aafp.org)), American College of Obstetricians and Gynecologists ([www.acog.org](http://www.acog.org)), and American College of Nurse-Midwives ([www.midwife.org](http://www.midwife.org)).

## Vaccines in the Adult Immunization Schedule\*

Vaccines	Abbreviations	Trade names
<i>Haemophilus influenzae</i> type b vaccine	Hib	ActHIB® Hiberix® PedvaxHIB®
Hepatitis A vaccine	HepA	Havrix® Vaqta®
Hepatitis A and hepatitis B vaccine	HepA-HepB	Twinrix®
Hepatitis B vaccine	HepB	Engerix-B® Recombivax HB® Hepisav-B®
Human papillomavirus vaccine	HPV vaccine	Gardasil 9®
Influenza vaccine (inactivated)	IIV	Many brands
Influenza vaccine (live, attenuated)	LAIV	FluMist® Quadrivalent
Influenza vaccine (recombinant)	RIV	Flublok® Quadrivalent
Measles, mumps, and rubella vaccine	MMR	M-M-R® II
Meningococcal serogroups A, C, W, Y vaccine	MenACWY	Menactra® Menveo®
Meningococcal serogroup B vaccine	MenB-4C MenB-FHbp	Bexsero® Trumenba®
Pneumococcal 13-valent conjugate vaccine	PCV13	Prenvar 13®
Pneumococcal 23-valent polysaccharide vaccine	PPSV23	Pneumovax® 23
Tetanus and diphtheria toxoids	Td	Tenivac® Tdvax™
Tetanus and diphtheria toxoids and acellular pertussis vaccine	Tdap	Adacel® Boostrix®
Varicella vaccine	VAR	Varivax®
Zoster vaccine, recombinant	RZV	Shingrix
Zoster vaccine live	ZVL	Zostavax®

\*Administer recommended vaccines if vaccination history is incomplete or unknown. Do not restart or add doses to vaccine series if there are extended intervals between doses. The use of trade names is for identification purposes only and does not imply endorsement by the ACIP or CDC.

## Report

- Suspected cases of reportable vaccine-preventable diseases or outbreaks to the local or state health department
- Clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or 800-822-7967

## Injury claims

All vaccines included in the adult immunization schedule except pneumococcal 23-valent polysaccharide (PPSV23) and zoster (RZV, ZVL) vaccines are covered by the Vaccine Injury Compensation Program. Information on how to file a vaccine injury claim is available at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

## Questions or comments

Contact [www.cdc.gov/cdc-info](http://www.cdc.gov/cdc-info) or 800-CDC-INFO (800-232-4636), in English or Spanish, 8 a.m.–8 p.m. ET, Monday through Friday, excluding holidays.



Download the CDC Vaccine Schedules App for providers at [www.cdc.gov/vaccines/schedules/hcp/schedule-app.html](http://www.cdc.gov/vaccines/schedules/hcp/schedule-app.html).

## Helpful information

- Complete ACIP recommendations: [www.cdc.gov/vaccines/hcp/acip-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html)
- General Best Practice Guidelines for Immunization (including contraindications and precautions): [www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html)
- Vaccine information statements: [www.cdc.gov/vaccines/hcp/vis/index.html](http://www.cdc.gov/vaccines/hcp/vis/index.html)
- Manual for the Surveillance of Vaccine-Preventable Diseases (including case identification and outbreak response): [www.cdc.gov/vaccines/pubs/surv-manual](http://www.cdc.gov/vaccines/pubs/surv-manual)
- Travel vaccine recommendations: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- Recommended Child and Adolescent Immunization Schedule, United States, 2020: [www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**Table 1** Recommended Adult Immunization Schedule by Age Group, United States, 2020

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) <b>or</b> Influenza live, attenuated (LAIV)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td or Tdap booster 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	
Zoster recombinant (RZV) (preferred) <b>or</b> Zoster live (ZVL)			2 doses <b>or</b> 1 dose	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal conjugate (PCV13)	1 dose			65 years and older
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication			1 dose
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	19 through 23 years	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations		
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication			

■ Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
 ■ Recommended vaccination for adults with an additional risk factor or another indication
 ■ Recommended vaccination based on shared clinical decision-making
 ■ No recommendation/Not applicable

**Table 2** Recommended Adult Immunization Schedule by Medical Condition and Other Indications, United States, 2020

Vaccine	Pregnancy	Immuno-compromised (excluding HIV infection)	HIV infection CD4 count		Asplenia, complement deficiencies	End-stage renal disease; or on hemodialysis	Heart or lung disease, alcoholism <sup>1</sup>	Chronic liver disease	Diabetes	Health care personnel <sup>2</sup>	Men who have sex with men		
			<200	≥200									
IIV or RIV or LAIV	1 dose annually												
LAIV	NOT RECOMMENDED				PRECAUTION				1 dose annually				
Tdap or Td	1 dose Tdap each pregnancy	1 dose Tdap, then Td or Tdap booster every 10 years											
MMR	NOT RECOMMENDED			1 or 2 doses depending on indication									
VAR	NOT RECOMMENDED			2 doses									
RZV (preferred) or ZVL	DELAY				2 doses at age ≥50 years							or	
ZVL	NOT RECOMMENDED			1 dose at age ≥60 years									
HPV	DELAY	3 doses through age 26 years			2 or 3 doses through age 26 years								
PCV13	1 dose												
PPSV23	1, 2, or 3 doses depending on age and indication												
HepA					2 or 3 doses depending on vaccine								
HepB					2 or 3 doses depending on vaccine								
MenACWY	1 or 2 doses depending on indication, see notes for booster recommendations												
MenB	PRECAUTION	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations											
Hib		3 doses HSCT <sup>3</sup> recipients only				1 dose							

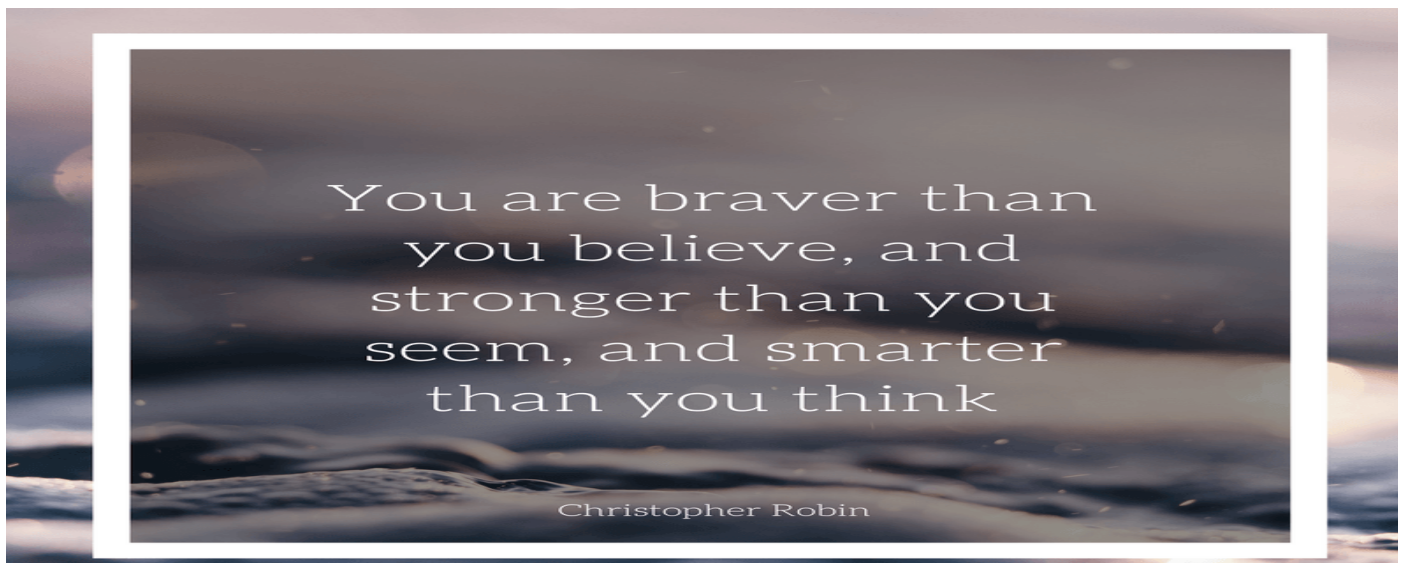
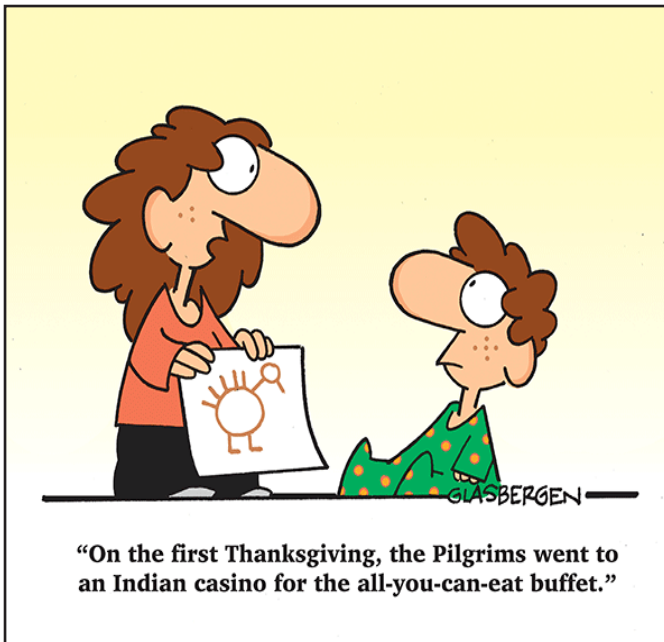
  Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
   Recommended vaccination for adults with an additional risk factor or another indication
   Precaution—vaccination might be indicated if benefit of protection outweighs risk of adverse reaction
   Delay vaccination until after pregnancy if vaccine is indicated
   Not recommended/contraindicated—vaccine should not be administered
   No recommendation/Not applicable

1. Precaution for LAIV does not apply to alcoholism. 2. See notes for influenza; hepatitis B; measles, mumps, and rubella; and varicella vaccinations. 3. Hematopoietic stem cell transplant.

Hope is being able to see that there is light despite all of the darkness.

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You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.