

Keep a record of your immunizations so you know which vaccines you've received and when – and others you might need.

Vaccines aren't just for kids. It's important for adults to get their recommended vaccines too. This is especially true for people with heart disease and other health conditions.

In fact, getting vaccinated against many illnesses is part of staying heart healthy – just like eating well, being active, not smoking, getting good sleep, managing stress, and taking heart medicines. Vaccines are powerful tools to help prevent illness and related heart issues.

Ask your health care team which vaccines you need and when.



Keep track of all your vaccines

After you get a vaccine, make a habit of writing down:

- **What vaccine was given** – this might include the type of vaccine, the manufacturer of the vaccine and/or the lot number or batch of vaccine you received
- **When you received it** – the date and if any additional doses need to be scheduled so the vaccine works to protect you and others
- **Where you were vaccinated** – for example, a specific doctor's office, pharmacy, vaccine clinic



Tell your health care team

Because there isn't a central place for vaccine information, and not all doctor's offices offer vaccines, share an updated list of the vaccines you've received at health visits. As with medications, vaccines should be included in your chart or electronic medical record.

If it's easier, you can also take a picture of vaccination receipts, which often include the vaccine name, dose, date given, and other information. You can then create a "vaccine folder" in your phone. Next time you're asked if you got your flu vaccine or COVID vaccine, you can pull the information up on your phone.

Print and use the chart on the next page to write down:

- Each vaccine you receive
- The date
- If you need another dose or a booster



Some vaccines are given in two or more doses. This is called a vaccine series. The doses are spaced apart by a few months or sometimes by a year.

Your vaccine record

Vaccines recommended for most people with heart disease:

Talked about with my care team	Received	Type of vaccine	Date received	Where or who gave it	Directions (side effects to watch for, if 2nd or 3rd dose needed)
☐	☐	COVID vaccine every year to give added protection against the latest strain			
☐	☐	Flu shot - every year to protect against influenza; adults ages 65 and older should get a stronger flu vaccine (high-dose, adjuvanted, or recombinant)			
☐	☐	Pneumococcal vaccine at age 19 and older			
☐	☐	Respiratory syncytial virus (RSV) for people 50 and older			
☐	☐	Tetanus, Diphtheria, Pertussis (whooping cough) called Tdap for short			
☐	☐	Shingles vaccine at age 50 and older - protects against shingles, a resurgence of the chickenpox virus			
☐	☐	Hepatitis B - prevents severe liver disease			

Other vaccines that may be needed, depending on your age, lifestyle, job, when you were last vaccinated, and other factors:

Received	Vaccine	When, where, and date
	Hepatitis A	
	Human papilloma virus (HPV)	
	Measles, mumps and rubella (MMR)	
	Other vaccines discussed:	

Some people can't get certain vaccines because they are too young, too old or have a weakened immune system. Additional vaccines may be needed if you are traveling to certain countries or regions.

Use the space below to write down any questions, allergies or previous vaccine reactions.



For more information about why keeping a vaccine record is important, read **Keeping a Vaccine Record is Important - Even for Adults.**