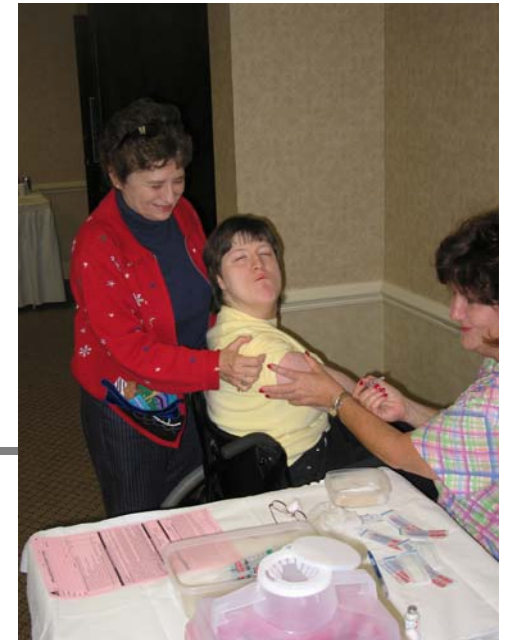




Shots Can Keep You Healthy





Shots keep you healthy.

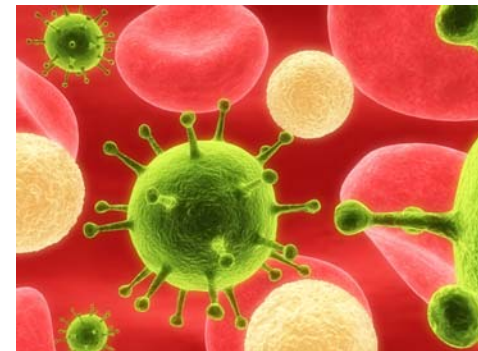
- **Some shots keep you from getting sick.**
- **These shots are called immunizations or vaccinations.**





You can get a shot to help protect you from:

- **Flu**
- **Measles, mumps, and rubella**
- **Tetanus and diphtheria**
- **Pneumonia**
- **Chickenpox and shingles**





DDS SafetyNet

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?

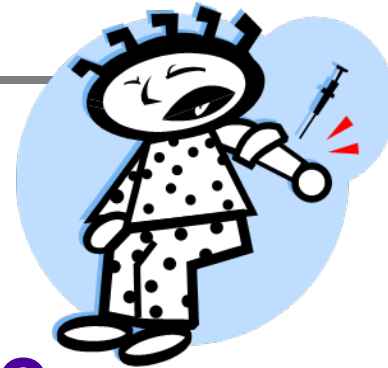
- Most shots are given
 - With a needle
 - In your arm
- The doctor or nurse will give you a shot





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:**
 - <http://www.immunize.org/catg.d/p4030.pdf>
- **A card to write down the shots you get:**
 - <http://www.immunize.org/adultizcards/adultizcard.pdf>

