



Prevention guidelines

Southern California

Immunizations and screening tests are important preventive care services that you and your family receive during checkups and other office visits.

Immunizations for children and adults

Timely immunizations (also known as "vaccinations") help to keep your family and the community healthy. Immunizations are a regular part of checkups for children. Adults need immunizations too. If you can't remember the last time you got a vaccine, you may be due for one. Contact your doctor to find out.

Below you'll find a general list of vaccines that we recommend for children and adults.* Some immunizations are given in a single shot, while others require a series of shots over a period of time. Missed doses can often be made up.

Get answers to frequently asked questions about immunizations and find immunization definitions in our glossary.

For additional information regarding immunization schedules, please visit the Centers for Disease Control and Prevention website [here](#).

Children

Name of vaccine	Recommendations
Chickenpox (varicella)	2 doses total: given at 12 months and 4 to 6 years if no prior history of chickenpox. Children 4 years and older who have had 1 dose of vaccine need a second dose.
Diphtheria, tetanus, and pertussis (DTaP)	5 doses total: given at 2, 4, 6, 15 to 18 months, and 4 to 6 years. Minimum age: 6 weeks.
Haemophilus influenzae type B (HiB)	3 doses total: given at 2, 4, and 6 months; booster at 12 to 15 months.
Hepatitis A	2 doses total: given at least 6 months apart for all children ages 1 through 18 years.
Hepatitis B	3 doses total: birth, 1 to 2 months, 6 to 18 months. (Fourth dose is okay when a combination vaccination containing hepatitis B is given after birth dose.)

Name of vaccine	Recommendations
Human papillomavirus (HPV)	3 doses total: given at 11 to 12 years up to age 26; second dose given 2 months after the first dose; third dose given 6 months after first dose. Can be started beginning at 9 years.
Influenza (flu shot)	1 shot annually starting at age 6 months. Children 6 months to 8 years who are getting a flu shot for the first time or who did not get a flu shot the previous year, need 2 shots, given a month apart. If they received a flu shot the previous year, only 1 flu shot is necessary.
Measles, mumps, and rubella (MMR)	2 doses total: given at 12 to 15 months and at 4 to 6 years.
Meningococcal	1 dose: given at 11 to 12 years or older (up to age 18). Booster dose: given at 16 to 18 years to those who got their first dose before age 16.
Pneumococcus	3 doses total: given at 2, 4, and 6 months; booster at 12 to 15 months.
Polio	4 doses total: given at 2, 4, and 6 months and at 4 to 6 years.
Rotavirus	3 doses total: given at 2, 4, and 6 months. Vaccination should not be started in infants aged 15 weeks or older.
Tetanus, diphtheria, and acellular pertussis booster for teens and adults (Tdap) Also available: Tetanus and diphtheria (Td)	1 dose: given at age 11 years and older. (Children ages 7 to 10 years who did not get the complete DTaP series will get a Tdap booster.) Proof of vaccination is now required for entry into 7th grade in the fall of 2012. Vaccinating teens and adults prevents pertussis cough illness (up to 3 months of cough) and also prevents infants from developing whooping cough, a potentially fatal disease.

Adults

Name of vaccine	Recommendations
Hepatitis B	Get 3 doses if not previously vaccinated.
Human papillomavirus (HPV)	For males and females, 3 doses, if not previously vaccinated, up to age 26.
Influenza (flu shot)	All adults should get a flu shot annually.
Pneumonia	Get immunized once at age 65.
Shingles	1 dose between the ages of 60 and 80.
Tetanus, diphtheria, and acellular pertussis booster for teens and adults (Tdap) Also available: Tetanus and diphtheria (Td)	1 dose: given at age 11 years and older. It is especially important for pregnant women in their 2nd and 3rd trimester, anyone who lives with or cares for a newborn or infant and health care workers. Prevents pertussis cough illness (up to 3 months of cough) and also prevents infants from developing whooping cough, a potentially fatal disease.

Name of vaccine	Recommendations
Other vaccinations	Your physician may recommend additional vaccinations—including hepatitis A; chickenpox; influenza; pneumonia; measles, mumps, and rubella (MMR); pneumococcal; and meningitis—depending on earlier immunizations and special health needs.

Screening tests for children and adults

Often a simple test can detect a disease or condition even before there are symptoms, when it's easier to treat.

Children receive regular screening tests at their scheduled appointments to monitor growth and development. Adult screening tests are given during physical exams and other office visits.

Below you'll find a general list of screening tests that we recommend for most children and adults.*

Children

Screening	Recommendations
Autism	Your pediatrician will screen your toddler for signs of autism spectrum disorder.
Blood pressure	Checked at every well-care visit starting at age 3.
Chlamydia	Sexually active girls need an annual chlamydia test.
Head circumference	Measured at every well-care visit between birth and 2 years.
Hearing	An audiogram is performed at birth, between ages 3 and 5, and at each preventive care visit, as recommended by your physician, from birth to age 17.
Height and weight	Measured at every well-care visit; starting at age 3, body mass index (BMI) may also be calculated to help determine if your child is at a healthy weight.
Vision	Checked once at age 3 and at every well-care visit between ages 4 and 17, based on your physician's judgment.
Additional tests	Your child is tested at birth for thyroid deficiencies, intolerance to milk sugar (galactosemia), sickle cell disease and other hemoglobin diseases, and phenylketonuria or PKU. Your physician will let you know if your child needs additional tests for problems such as diabetes, high cholesterol, tuberculosis, anemia, or lead exposure.

Adults

Screening	Recommendations
Abdominal aortic aneurysm	For men 65 to 75 who have ever smoked, have screening one time to look for an abnormally large blood vessel (aneurysm) in your abdomen. For men 50 and older, if your mother, father, brother, or sister has or had an aortic aneurysm, have screening one time to look for an abnormally large blood vessel (aneurysm) in your abdomen.

Screening	Recommendations
Blood cholesterol	Check once at age 20 or at your first Kaiser Permanente visit; check every 5 years starting at age 45 (for women) or 35 (for men).
Blood pressure	Check at each office visit.
Breast cancer	We offer mammograms at least every 2 years for women between 40 and 49. We strongly encourage women to have a mammogram every 2 years between ages 50 and 74. After age 75, we encourage you to make a personal decision in collaboration with your practitioner about having a mammogram. Talk to your personal physician about whether or not you need to be screened. Contact your physician immediately if you find a lump in your breast.
Cervical cancer	For women, every 3 years from ages 21 to 29; every 5 years with HPV co-testing from ages 30 to 65.
Colorectal cancer	Between ages 50 and 75, have a fecal immunochemical test (FIT) once a year and/or a flexible sigmoidoscopy every 5 years (with or without FIT), or a colonoscopy every 10 years. Screening may end at age 75 with routine history of screening. Patients with no screening history should end at age 80.
Diabetes (type 2)	Check every 5 years starting at age 45.
Oral cancer	Your physician will let you know if you need additional tests.
Osteoporosis	Bone density test once at age 65 (for women) or 70 for men, or as recommended by your physician.
Prostate cancer	<ul style="list-style-type: none"> • For men age 50 to 74, talk to your doctor about prostate cancer screening to see if it's right for you. • If you are of African-American descent or have a family history of prostate cancer, talk to your doctor about screening starting at age 40. • Prostate cancer screening is not recommended for men age 75 and older. • Tool: Should you have a prostate cancer screening test?
Prenatal	During pregnancy, your medical team may recommend a variety of screening tests to make sure you are healthy and that your baby is developing properly. Take all the tests recommended by your medical team. Learn more about what to expect during pregnancy, labor, childbirth, and caring for your newborn.
Rubella	Women planning to get pregnant should get screened for rubella (German measles). If you do not show evidence of immunity, get immunized at least 3 months before you get pregnant. Exposure to rubella after you get pregnant may cause deafness, cataracts, or other serious damage to your developing baby.
Skin cancer	Your physician will let you know if you need additional tests.
Vision and hearing	Adults age 65 and older, have your vision and hearing checked if you or others notice changes in your reading, driving, or hearing.
Additional tests	Your physician will let you know if you need additional tests for sexually transmitted diseases (STDs), HIV/AIDS, tuberculosis, depression, osteoporosis, or hepatitis C.

Travel immunizations

Learn how to get care when you're traveling, including travel immunizations or medicines you might need before your trip.

* Talk with your physician if you or your children have ongoing health problems, special health needs or risks, or if certain conditions run in your family. He or she may recommend additional vaccinations or screening tests.

Reviewed by: Albert Ray, MD and Joanne Schottinger, MD, March 2013

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