



## *The First Ten Plays*

### MAKING DECISIONS ABOUT VACCINATION\*

- **First identify the type of disease threats you may be facing. This might include long-term threats from viruses that may cause cancer. It may include your exposure to diseases uncommon in your country. For U.S. citizens traveling abroad check with the CDC Traveler's Health page: <http://wwwn.cdc.gov/travel/default.aspx>**
- **Evaluate if you are in the group recommended for this vaccination, or for children, the recommendations for them. If you provide elder care also evaluate their needs. Vaccinations also include your pets.**
- **Find out what the latest vaccines are that are available. You should talk to your physician and also your local public health agency. All state public health agencies are listed at: <http://www.fda.gov/oca/sthealth.htm>**
- **Ensure that your health issues or current medications are not a problem, including any known allergies.**
- **Consider both upcoming surgeries and any supplements you are taking.**
- **Consider the social restrictions of someone you are representing if they have cultural or political barriers to vaccination.**
- **Keep up with the latest information on vaccine problems at the CDC, the FDA, or even watchdog groups like the National Vaccine Information Center: <http://www.nvic.org/> Note: *They all have a particular perspective***
- **Gather all the data, evaluate it, and then make an informed decision.**
- **Monitor your health after being given a vaccine to ensure your response is not one of those indicating a negative reaction—consult your physician.**
- **Stay vigilant regarding any news about the vaccines you have taken or new vaccines available, especially for each new influenza season.**

*\* These are not listed in order of importance but as a group of materials that will increase the possibility of positive outcomes.*

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