

# Preventive care guidelines

These preventive care guidelines provide basic recommendations on when you and your family should get various tests, screenings and vaccinations. They're based on the latest medical information and will help you reduce health risks. These guidelines are for people who don't have symptoms or specific risk factors. Talk to your doctor about the specific care you need based on your personal and family history.

## Child Preventive Services

Vaccine		Birth	1 m	2 m	4 m	6 m	12 m	15 m	18 m	24 m	4-6 yrs	11-12 yrs	15-18 yrs	
<b>Strongly Recommended</b>	DTaP			◆	◆	◆		◆			◆	Tdap		
	IPV (Polio)			◆	◆			◆			◆			
	MMR (MMRV)	Combined measles, mumps, rubella and varicella vaccine (MMRV) is preferred for children 12 months through 12 years of age instead of individual vaccines.							◆			◆		
	Varicella (Chicken Pox)							◆				◆		◆ verify second dose complete
	Pneumococcal (PCV7)			◆	◆	◆		◆						
	Hib			◆	◆	◆		◆						
	Rotavirus			◆	◆	◆								
	Hep B	◆		◆				◆						
	Influenza (Flu)											◆ annually		
	Hep A							◆			◆			
	Meningococcal												◆	◆ if not received previously
	Human Papillomavirus (HPV - females)												◆ 3-dose series	◆ catch up if needed (3-dose series)
<b>Service</b>		<b>0 – 2 years</b>			<b>2 – 6 years</b>			<b>7 – 12 years</b>			<b>13 – 18 years</b>			
Chlamydia screening											Annually for all sexually active women age 25 years and younger			
Neonatal screening		Newborn metabolic screening done during the first week of life.												
Vision screening					Recommended for children 4 years old and younger. By age 5, should be performed as part of preschool screening.									
<b>Service</b>		<b>0 – 2 years</b>			<b>2 – 6 years</b>			<b>7 – 12 years</b>			<b>13 – 18 years</b>			
Hearing screening		Screen for congenital hearing loss before one month old.												
Infant sleep positioning and SIDS counseling		Place infant to sleep on their back.												
Injury prevention: motor vehicle safety screening and counseling		Use car seat when riding in a motor vehicle. Should be rear facing until 1 year and 20 pounds.			Use car seat/booster seat/seat belt when riding in a motor vehicle.									
Obesity screening					Height, weight, body mass index (BMI) and BMI percentile annually.									
Tobacco use screening prevention and intervention in adolescents		Talk to your doctor about tobacco use, secondhand smoke exposure and tobacco cessation on a regular basis.												

## Adult Preventive Services

Strongly Recommended	Services	19-39 yrs	40-64 yrs	Over 65 yrs
	Aspirin counseling	Talk to your doctor if you are a postmenopausal women, man age 41 or older or younger man or woman at risk for coronary heart disease (CHD).		
	Blood pressure screening	Blood pressure (BP) every 2 years if less than 120/80; every year if 120-139/80-89 Hg.		
	Breast cancer screening (Mammogram)		Mammogram every 1-2 years for women age 50-75 years.	
	Cervical cancer screening (Pap test)	Beginning at age 21 or 3 years after first sexual intercourse, whichever is earlier; every 3 years after 3 normal Pap smears in a row over 5 years.	Every 3 years after 3 normal Pap smears in a row over 5 years.	Women 65 years and older with a new sexual partner should resume routine screenings.
	Chlamydia screening	All sexually active women aged 25 years and younger and older women with increased risk of infection.		
	Colorectal cancer screening		Start screening at age 50. If you are African American, start at age 45. Repeat screening at intervals determined by type of screening test used.	
	Influenza (Flu)	Get a flu shot every year during flu season to lower your risk of getting the flu.		
	Lipid screening	Fasting lipid screening for men over age 34 every five years.	Fasting lipid screening for men over age 34 and women over age 44 every five years.	
	Pneumococcal immunization	Immunize high-risk groups once. Those at risk of losing immunity should be re-immunized once after 5 years.		Immunize at age 65 if not done previously. Re-immunize once if first received more than 5 years ago and before age 65, or if doctor recommends to those with higher risk.
Problem drinking screening and brief counseling	Talk to your doctor about harmful drinking and if you have concerns.			
Tobacco use screening and brief intervention	Talk to your doctor about tobacco use, secondhand smoke exposure and ongoing smoking cessation if you use tobacco.			
Vision screening		Every 2-10 years.		

Suggested	Services	19-39 yrs	40-64 yrs	Over 65 yrs
	Abdominal aortic aneurysm screening			Men ages 65-74 who have smoked more than 100 cigarettes in lifetime.
	Depression screening	Talk to your doctor if you are feeling down and have concerns about depression.		
	Folic acid counseling	Women of childbearing age should discuss use of folic acid supplements to prevent birth defects.		
	Hearing screening		Talk to your doctor if you think you may have hearing loss.	
	Hepatitis B immunization	Immunize everyone.	Immunize those at high risk.	
	Herpes zoster/shingles immunization			Immunize at age 60 or older.
	Human papillomavirus (HPV) immunization	Catch up if appropriate (3-dose series) through age 26.		
	Inactivated polio vaccine (IPV) immunization	Immunize if not previously immunized.		
	Measles, mumps, rubella (MMR) immunization	Persons born during or after 1957 should have one-dose of MMR; a second dose may be required in special circumstances.		
	Obesity screening	Height, weight and body mass index (BMI) annually.		
	Osteoporosis screening	Talk to your doctor about risk factors for osteoporosis, and its primary prevention.		
	Tetanus-diphtheria immunization (Td)	All adults should have completed a primary Td series. For all adults, immunize with a booster dose of Td every 10 years.		
	Varicella immunization	Adults who do not have evidence of immunity to varicella should get two doses of varicella vaccine with at least 28 days between the first and second doses.		