

# My Immunization Record

For cancer patients, immunizations are especially important because cancer treatments weaken the body’s immune system. Immunizations help your body build a resistance to specific diseases. Most immunizations work by introducing a small, safe amount of the disease to your immune system. This way if you are ever exposed to the disease, your body’s immune system already knows how to fight it.

**Ask your healthcare team which immunizations you need.**

You probably received some immunizations as a child. It’s helpful to note these in your medical history. Other immunizations need to be received annually or need boosters periodically to remain effective. You may also need new immunizations depending on your health history.

Ask your healthcare team which immunizations are recommended for you.

**Use this chart to keep track of your immunization record.**

Vaccine	Date Given	Next Due Date	Comments/Reactions
<b>Flu (Influenza)</b>			
<b>Td/Tdap (Tetanus, diphtheria, pertussis)</b>			
<b>Shingles (Zoster)*</b>			
<b>Pneumococcal—PV13</b>			
<b>Pneumococcal—PPSV23</b>			
<b>Meningococcal—MenACWY or MPSV4MPSV4</b>			
<b>Meningococcal—MenB</b>			
<b>MMR (Measles, mumps, rubella)*</b>			
<b>HPV (Human papillomavirus)</b>			
<b>Chicken Pox (Varicella)*</b>			
<b>Hepatitis A</b>			
<b>Hepatitis B</b>			
<b>Hib (Haemophilus influenza type b)</b>			

\*Vaccines noted with a star are not recommended for patients with a weakened immune system such as people undergoing certain cancer treatments. If you received these vaccines before your cancer diagnosis, there is no harm done.

For the flu vaccine, people in cancer treatment should receive the flu shot, not the nasal spray vaccine because it contains the live flu virus. Flu shots are made of the dead virus.

If you plan to travel outside of the United States, check the recommended vaccines for where you are going. You may need additional immunizations. Always clear travel with your healthcare team.

Source: Adapted from the Centers for Disease Control and Prevention’s [2017 Recommended Immunizations for Adults](#)