

Vaccination Checklist

A checklist for tracking your immunization records and staying current on recommended vaccines across every life stage.

Gather Your Records

- Collect immunization records from current and previous doctors
- Request records from your pharmacy and any past employers or schools
- Check your state or national immunization registry if available
- Keep all records together in one folder or digital file
- Note any vaccines you believe you had but cannot document
Your doctor can advise whether to repeat or check immunity

Childhood and Adolescent

- List routine childhood vaccines received in infancy and early years
- Confirm school-required immunizations are documented
- Track adolescent boosters and teen-stage vaccines
- Note dates for any catch-up doses still needed
- Ask your child's doctor what is due before the next visit

Adult Vaccines

- Record your most recent tetanus and diphtheria booster date
- Note annual flu vaccine dates
- List any vaccines recommended for your job or lifestyle
- Flag vaccines recommended during pregnancy if relevant
- Ask your doctor which adult vaccines apply to you

Senior and Higher-Risk

- Discuss vaccines recommended for older adults with your doctor
- Note any extra vaccines advised for chronic health conditions
- Track boosters that may be recommended as you age
- Confirm timing for age-related immunizations
- Review caregiver vaccines if you care for someone vulnerable

Stay Organized

- Add upcoming due dates to your calendar with reminders
- Keep a wallet card or phone note with key dates
- Update the record each time you receive a vaccine
- Bring your records to every medical appointment
- Share records with new providers when you change doctors

Important

- This checklist is general information only and is not medical advice; follow the immunization schedule and guidance your doctor provides for you and your family
Always confirm recommended vaccines and timing with your healthcare provider