



LESSON M · MEDICATIONS · TRACKER

VACCINE & HEP C TRACKER

Mark what you know. “Don’t know” is a next step, not a failure.

Private – nobody collects this page. Keep it, photograph it, or shred it.

MARK DONE / DUE / DON'T KNOW – THEN GIVE EACH LINE A NEXT STEP

PROTECTION	KEY FACTS	DONE	DUE	DON'T KNOW	NEXT STEP + DATE
HPV Gardasil 9	Routine through age 26; ages 27–45 by shared decision with a clinician	☐	☐	☐	
Hep B	Vaccine series — highly effective	☐	☐	☐	
Mpox · dose 1 JYNNEOS	Two doses, 28 days apart	☐	☐	☐	
Mpox · dose 2	Due 28 days after dose 1	☐	☐	☐	
Hep C screen	No vaccine — but curable with 8–12 weeks of antivirals. CDC: every adult screened at least once	☐	☐	☐	

ASK BY NAME — HEP C IS OFTEN NOT ON A STANDARD STI PANEL

“Can you include a hep C screen?”

“Can you check my records for HPV, hep B and mpox vaccines?”

“If we can’t find a record, what’s the next step — test or start the series?”

WHERE TO FIND YOUR RECORDS

Your patient portal · the pharmacy that gave the shot · your state immunization registry · an old school or employer health record.

MY NEXT APPOINTMENT

Where: _____ When: _____

What I’ll ask for: _____