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An internal medicine physician, Dr. Bridges was in clinical practice before joining the CDC as an Epidemic Intelligence Service Officer in 1996 working primarily on influenza. She has held a number of different positions at CDC working on influenza and other vaccine preventable diseases and transitioned to her current position in 2011 as the Associate Director of Adult Immunizations.

Her career in public health has included research and policy on influenza prevention and control, vaccine effectiveness, and transmission, vaccination coverage, and improving coverage for recommended adult vaccines. She has over 100 publications, including authoring or coauthoring the ACIP influenza vaccine recommendations for seven years and ACIP adult immunization schedule for the past 4 years.