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Dr. Bridges is a board-certified internal medicine physician who has worked on influenza and adult immunization issues for over 25 years. She completed medical school at University of Washington, and internal medicine residency at University of Colorado. After working as a primary care physician following residency, she joined the Centers for Disease Control and Prevention in 1996 as an Epidemic Intelligence Service Officer. She later became the Associate Director for Science in the Influenza Division and then Associate Director of Adult Immunizations. Her work at CDC focused primarily on influenza, and adult immunization policy and implementation. She also worked as a volunteer physician at an FQHC in Atlanta for 20 years.

Since retiring from CDC in 2017, she has consulted with Immunize.org as the Director of Adult Immunizations and consulted with other organizations as well on immunizations.

Dr. Bridges has over 160 publications including peer-reviewed manuscripts, textbook chapters, CDC adult immunization schedules and influenza ACIP recommendations.