



# Vaccinations for Adults

## You're NEVER too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

| Age ►<br>Vaccine ▼                               | 19–49 years   | 50–64 years                             | 65 years & older   |
|--|---|---|--|
| <b>Influenza</b>                                 | You need a dose yearly if you have a chronic health problem,* are a healthcare worker, have close contact with certain individuals,* or you simply want to avoid getting influenza or spreading it to others.   | You need a dose every fall (or winter). |  |
| <b>Pneumococcal</b>                              | You need 1–2 doses if you have certain chronic medical conditions.*   |   | You need 1 dose at age 65 (or older) if you've never been vaccinated. You may also need a 2nd dose.* |
| <b>Tetanus, diphtheria, pertussis (Td, Tdap)</b> | If you haven't had at least 3 tetanus-and-diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. All adults need Td booster doses every 10 years. If you're younger than age 65 years and haven't had pertussis-containing vaccine as an adult, one of the doses that you receive should have pertussis (whooping cough) vaccine in it—known as Tdap. Be sure to consult your healthcare provider if you have a deep or dirty wound. |   |  |
| <b>Hepatitis B (HepB)</b>                        | You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3, usually given 5 months later).   |   |  |
| <b>Hepatitis A (HepA)</b>                        | You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.   |   |  |
| <b>Human papillomavirus (HPV)</b>                | You need this vaccine if you are a woman who is age 26 years or younger. The vaccine is given in 3 doses over 6 months.   |   |  |
| <b>Measles, mumps, rubella (MMR)</b>             | You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*   |   |  |
| <b>Varicella (Chickenpox)</b>                    | If you've never had chickenpox or you were vaccinated but only received 1 dose, talk to your healthcare provider about whether you need this vaccine.   |   |  |
| <b>Meningococcal</b>                             | If you are a young adult going to college and plan to live in a dormitory, you need to get vaccinated against meningococcal disease. People with certain medical conditions should also receive this vaccine.*  |   |  |
| <b>Zoster (shingles)</b>                         |   |   | If you are age 60 years or older, you should get this vaccine now.                                   |

\* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

**Do you travel outside the United States?** If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) operates an international traveler's health information line. Call (877) 394-8747 or visit CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) for information about your destination. You may also consult a travel clinic or your healthcare provider.