

Vaccines

Know what you need

Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. The vaccines recommended for you are based on your age, health condition, job, lifestyle, or travel habits.



Talk to your healthcare professional about which vaccines are right for you!

Vaccines you may need based on your age:

Pneumococcal

WHO? All adults 65 years or older should get one dose of PPSV23 (polysaccharide vaccine). Adults 65 years or older who have never received a dose can discuss and decide, with their vaccine provider, to get one dose of PCV13 (conjugate vaccine).

HOW OFTEN? If someone wants both vaccines, get PCV13 first followed by PPSV23.

Shingles (Zoster)

WHO? Adults 50 and older, including adults who have had shingles or got the previous shingles vaccine (Zostavax)

HOW OFTEN? Two doses, 2 to 6 months apart

Human papillomavirus (HPV)

Recommended if you haven't received the full series

WHO? Females and males 26 or younger

HOW OFTEN? One time series of two or three doses

Measles, mumps, rubella (MMR)*

Recommended as a catch up if you didn't receive as a child

WHO? Adults born in the United States in 1957 or later who have not received MMR vaccine, or who had lab tests that showed they are not immune to measles, mumps, and rubella

HOW OFTEN? One time for most adults; however, certain people, such as college students, international travelers, or healthcare professionals, should get two doses

Chickenpox (Varicella)*

Recommended as a catch up if you didn't receive as a child

WHO? Adults born in the United States in 1980 or later who have not received two doses of chickenpox vaccine or never had chickenpox

HOW OFTEN? One time series of two doses

Vaccines recommended for everyone:

Influenza vaccine every year during flu season, including pregnant women during any trimester.

Tdap vaccine one time, no matter when you got your last tetanus (Td) vaccine. Pregnant women also need Tdap vaccine during every pregnancy.

Tdap or Td booster every 10 years.

Immunization is one of the safest and most effective ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

*Live vaccines should not be given to pregnant women or people who have a very weakened immune system. That includes people with HIV infection and a CD4 count less than 200.

**DON'T WAIT.
VACCINATE!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Vaccines

Know what you need



Vaccines you may need depending on health conditions or other factors:

This chart shows some (but not all) vaccines you may need. Talk to your healthcare professional about the vaccines recommended for you.

	Hepatitis A Series	Hepatitis B Series	MenACWY [§]	MenB [¶]	PPSV23	PCV13
Weakened immune system			•	•	•	•
HIV		•	•		•	•
No spleen or spleen does not work well			•	•	•	•
Heart disease					•	
Chronic lung disease (for example COPD or Asthma)					•	
Diabetes: Type 1 or Type 2		•			•	
Chronic kidney disease or kidney failure		•			•	•
Chronic liver disease	•	•			•	
Chronic alcoholism					•	
Healthcare workers*		•				
Men who have sex with men	•	•				
First year college student living in residence halls			•			

* For additional vaccines needed and more information: www.cdc.gov/mmwr/preview/mmwrhtml/rr6007a1.htm

[§] MenACWY (meningococcal conjugate vaccine)

[¶] MenB (serogroup B meningococcal vaccine)

You may need other vaccines for international travel.
Visit www.cdc.gov/travel.

Talk with your doctor or other healthcare professional to make sure you are up to date with the vaccines recommended for you.

For more information on vaccines for adults, visit www.cdc.gov/vaccines/adults or use the Adult Vaccine Self-Assessment Tool at <https://www2.cdc.gov/nip/adultimmsched/> to find out which vaccines you may need.

**DON'T WAIT.
VACCINATE!**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention