

Vaccines

Know What You Need



ALL adults need vaccines to protect their health against common diseases that can be serious.

- Everyone needs an **influenza vaccine** every year during flu season, including pregnant women during any trimester.
- Everyone needs **Tdap vaccine** one time, no matter when you got your last tetanus (Td) vaccine. Pregnant women need a Tdap dose during every pregnancy. **Td vaccine**, to protect against tetanus and diphtheria, is needed every 10 years.

There are three things that determine which *other* vaccines are recommended for you:

1. Your **age**
2. Your **health conditions, lifestyle, or job**
3. Your **travel outside the U.S.**

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

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.

1. Vaccines you may need based on your age:

<p>Pneumococcal (pneumonia, meningitis)</p>	<p>WHO? Adults 65 or older</p> <p>HOW OFTEN? Two pneumococcal vaccines are recommended. Get one dose of PCV13 (conjugate vaccine) followed by one dose of PPSV23 (polysaccharide vaccine), ideally 6-12 months later.</p>
<p>Shingles (Zoster)</p>	<p>WHO? Adult 60 or older</p> <p>HOW OFTEN? One time</p>
<p>Human papillomavirus (HPV)</p> <p><i>Recommended if you haven't received the full 3-shot series</i></p>	<p>WHO? Females age 26 or younger Males age 21 or younger Males age 26 or younger who have weakened immune systems or HIV, or have sex with men</p> <p>HOW OFTEN? One time series of three doses</p>
<p>Measles, mumps, rubella (MMR)*</p> <p><i>Recommended as a catch up if you didn't receive as a child</i></p>	<p>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</p> <p>HOW OFTEN? One time for most adults; however certain people like college students, international travelers, or healthcare professionals, should get two doses.</p>
<p>Varicella (chickenpox)*</p> <p><i>Recommended as a catch up if you didn't receive as a child</i></p>	<p>WHO? Adults born in the United States in 1980 or later who never had two doses of the vaccine or never had chickenpox</p> <p>HOW OFTEN? One time series of two doses</p>

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

**DON'T WAIT.
VACCINATE!**



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

2. Some vaccines you may need depending on existing health conditions, lifestyle, or job:

This chart shows some common vaccines for adults but there may be other vaccines you need. Your healthcare professional will use the more detailed adult vaccine schedule to determine all the vaccines recommended for you.

	Hepatitis A Series	Hepatitis B Series	Meningococcal	Pneumococcal polysaccharide	PCV13 plus polysaccharide pneumococcal vaccines
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				●	
Men who have sex with men	●	●			
College freshman living in residence halls			●		
Healthcare workers	In addition to the vaccines all adults need, healthcare workers are also recommended to get the Hepatitis B series, MMR, and varicella vaccines. For more information: http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6007a1.htm				

3. Vaccines you may need depending on international travel:

There may be additional vaccines you need depending on where you are traveling. To find out what vaccines you may need and to find a travel clinic that offers vaccines, go to www.cdc.gov/travel.

DON'T WAIT. VACCINATE!

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 or to take an adult vaccine quiz to find out which vaccines you might need, go to www.cdc.gov/vaccines/adults.

