

# 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.

Vaccine	Do you need it?
Hepatitis A (HepA)	Maybe. You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–18 months apart.
Hepatitis B (HepB)	Maybe. You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or simply want to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.
Human papillomavirus (HPV)	Maybe. You need this vaccine if you are a woman age 26 years or younger or a man age 21 years or younger. Men age 22 through 26 years with a risk condition* also need vaccination. Any other man age 22 through 26 who wants to be protected from HPV may receive it, too. The vaccine is given in 3 doses over 6 months.
Influenza	Yes! You need a dose every fall (or winter) for your protection and for the protection of others around you.
Measles, mumps, rubella (MMR)	Maybe. You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*
Meningococcal (MCV, MPSV)	Maybe. You need this vaccine if you have one of several health conditions, or if you are 19–21 and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.*
Pneumococcal polysaccharide (PPSV)	Maybe. You need 1 dose at age 65 (or older) if you've never been vaccinated or you were previously vaccinated at least 5 years ago when you were younger than age 65 years. You also need 1–2 doses if you smoke cigarettes or have certain chronic health conditions.*
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	Yes! All adults need to get a 1-time dose of Tdap vaccine (the adult whooping cough vaccine). After that, you need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.
Varicella (Chickenpox)	Maybe. If you've never had chickenpox or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*
Zoster (shingles)	Maybe. If you are age 60 years or older, you should get a 1-time dose of this vaccine now.

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

Are you planning to travel outside the United States? If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding which vaccines, medications, and other measures are necessary to prevent illness and injury during international travel. Visit CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) or call 800-CDC-INFO (800-232-4636). You may also consult a travel clinic or your healthcare provider.



adapted from information provided by Immunization Action Coalition