

# 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?  |
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| <b>Hepatitis A</b> (HepA)   | <b>Maybe.</b> 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.  |
| <b>Hepatitis B</b> (HepB)   | <b>Maybe.</b> 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.  |
| <b>Human papillomavirus</b> (HPV)   | <b>Maybe.</b> 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 man age 22 through 26 who wants to be protected from HPV may receive it, too. The vaccine is given in 3 doses over a 6-month period.  |
| <b>Influenza</b>  | <b>Yes!</b> You need a dose every fall (or winter) for your protection and for the protection of others around you.  |
| <b>Measles, mumps, rubella</b> (MMR)  | <b>Maybe.</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>Meningococcal</b> (MenACWY [MCV4], MenB, MPSV4)  | <b>Maybe.</b> You may need MenACWY and/or MenB vaccine if you have one of several health conditions, for example, if you don't have a functioning spleen. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.* You should consider MenB if you are age 23 or younger (even if you don't have a high-risk medical condition).                                       |
| <b>Pneumococcal</b> (Pneumovax [polysaccharide vaccine, PPSV]; Prevnar [conjugate vaccine] PCV) | <b>Maybe.</b> If you are age 65 years (or older), you need both pneumococcal vaccines, Prevnar (if you haven't had it before) and Pneumovax. Get Prevnar first and then get Pneumovax 1 year later. If you are younger than age 65 and have certain high-risk conditions (for example, asthma, heart, lung, or kidney disease, immunosuppression, or lack of a functioning spleen, or are a smoker),* you need 1 or both vaccines. Talk to your healthcare provider to find out when you need them.* |
| <b>Tetanus, diphtheria, whooping cough (pertussis)</b> (Tdap, Td)                               | <b>Yes!</b> All adults who have not yet received a dose of Tdap, as an adolescent or adult, need to get Tdap vaccine (the adult whooping cough vaccine). And, all women need to get a dose during each pregnancy. 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 toxoid-containing shots sometime in your life or if you have a deep or dirty wound.   |
| <b>Varicella</b> (Chickenpox)   | <b>Maybe.</b> 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.*  |
| <b>Zoster</b> (shingles)  | <b>Maybe.*</b> If you are age 60 years or older, you should get a 1-time dose of this vaccine now.   |
| <b>Hib</b> ( <i>Haemophilus influenzae</i> type b)  | <b>Maybe.</b> Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your health care provider to find out if you need this vaccine.   |

\* 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?** Visit the Centers for Disease Control and Prevention's (CDC) website at [wwwnc.cdc.gov/travel/destinations/list](http://wwwnc.cdc.gov/travel/destinations/list) for travel information, or consult a travel clinic.