

# Patient Schedules for All Adults and for High-risk Adults

*These documents are ready for you to download, copy, and use!*

## Vaccinations for Adults

**You're never too old to get immunized!**

Getting immunized is a lifelong, life-protecting job. Don't leave your health up to chance without making sure you've had all the vaccinations you need.

Vaccine	Do you need it?
Hepatitis A (HepA)	<b>Maybe.</b> You need this vaccine if you have a specific risk factor that you want to be protected from this disease. The vaccine is usually given in 2 doses, 6 months apart.
Hepatitis B (HepB)	<b>Maybe.</b> You need this vaccine if you have a specific risk factor that you want to be protected from this disease. The vaccine is usually given in 3 doses, 6 months apart.
Human papillomavirus (HPV)	<b>Maybe.</b> You need this vaccine if you are a woman age 26 or younger. Men age 22 through 26 years with a risk condition* also need to be vaccinated now. If you are 60 or older, discuss your need for HepB vaccine with your healthcare provider.
Influenza	<b>Yes!</b> You need a dose every fall (or winter) for your protection and for the protection of others.
Measles, mumps, rubella (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 second dose.*
Meningococcal (MCV4, MPSV4)	<b>Maybe.</b> 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 (PPSV23, PCV13)	<b>Maybe.</b> You need 1 dose of PPSV23 at age 65 or older if you were previously vaccinated at least 5 years ago. If you are 65 or older, you need 1–2 doses if you smoke cigarettes or have certain high risk conditions also need vaccination with PCV13. Talk to your healthcare provider to find out if you need this vaccine.*
Tetanus, diphtheria, and whooping cough (pertussis) (Tdap, Td)	<b>Yes!</b> All adults need to get Tdap vaccine 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-containing shots sometime in your life or you have a deep or dirty wound.
Varicella (Chickenpox)	<b>Maybe.</b> If you've never had chickenpox or you're not sure, you need a dose during each pregnancy. After that, you need a Td booster dose every 10 years. Consult your healthcare provider to find out if you need this vaccine.*
Zoster (shingles)	<b>Maybe.</b> 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?** The Centers for Disease Control and Prevention (CDC) provides information to assist you in making decisions about which vaccines and other measures are necessary to prevent illness and injury while traveling. For more information, call 800-CDC-INFO (800-232-4636). You may also call your healthcare provider, a travel clinic, or the Centers for Disease Control and Prevention at [www.cdc.gov/travel](http://www.cdc.gov/travel).



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## Vaccinations for Adults with Diabetes

The table below shows which vaccinations you should have to protect your health if you have diabetes. Make sure you and your healthcare provider keep your vaccinations up to date.

Vaccine	Do you need it?
Hepatitis A (HepA)	<b>Maybe.</b> You need this vaccine if you have a specific risk factor that you want to be protected from this disease. The vaccine is usually given in 2 doses, 6 months apart.
Hepatitis B (HepB)	<b>Yes!</b> If you are younger than 60 and have never received or completed a series of HepB vaccine, you need to be vaccinated now. If you are 60 or older, discuss your need for HepB vaccine with your healthcare provider.
Human papillomavirus (HPV)	<b>Maybe.</b> You need this vaccine if you are a woman age 26 or younger or a man age 21 or younger. Men age 22 through 26 with a risk condition* also need vaccination with PCV13. Talk to your healthcare provider to find out if you need this vaccine.*
Influenza	<b>Yes!</b> You need a flu shot every fall (or winter) for your protection and for the protection of others.
Measles, mumps, rubella (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 second dose.*
Meningococcal (MCV4, MPSV4)	<b>Maybe.</b> 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 (PCV13, PPSV23)	<b>Yes!</b> People with diabetes need to get vaccinated with the pneumococcal polysaccharide vaccine (PPSV23). If you are younger than 65, you will need to get another dose when you are 65 or older, as long as it's been at least 5 years since your previous dose. Adults with certain high risk conditions also need vaccination with PCV13. Talk to your healthcare provider to find out if you need this vaccine.*
Tetanus, diphtheria, and whooping cough (pertussis, Tdap, Td)	<b>Yes!</b> All adults need to get Tdap vaccine (the adult whooping cough vaccine) and 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-containing shots sometime in your life or you have a deep or dirty wound.
Varicella (Chickenpox)	<b>Maybe.</b> If you are an adult born in the U.S. in 1980 or later, and have never had chickenpox or the vaccine, you should be vaccinated with this 2-dose series.
Zoster (shingles)	<b>Maybe.</b> If you are 60 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.

If you will be traveling outside the United States, you may need additional vaccines. For information, consult your healthcare provider, a travel clinic, or the Centers for Disease Control and Prevention at [www.cdc.gov/travel](http://www.cdc.gov/travel).



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Vaccinations for Adults with Diabetes: [www.immunize.org/catg.d/P4043.pdf](http://www.immunize.org/catg.d/P4043.pdf)

Vaccinations for Adults: You're never too old to get immunized!: [www.immunize.org/catg.d/P4030.pdf](http://www.immunize.org/catg.d/P4030.pdf)

Also available —

Vaccinations for Adults with HIV Infection: [www.immunize.org/catg.d/P4041.pdf](http://www.immunize.org/catg.d/P4041.pdf)

Vaccinations for Adults with Hepatitis C Infection: [www.immunize.org/catg.d/P4042.pdf](http://www.immunize.org/catg.d/P4042.pdf)