## Vaccinations for Adults

You’re never too old to get vaccinated!

Getting vaccinated 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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**Hepatitis A** (HepA) | *Maybe.* You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–12 months apart.

**Hepatitis B** (HepB) | *Maybe.* You need this vaccine if you have a specific risk factor for hepatitis B* or simply want to be protected from this disease. The vaccine is given in 2 or 3 doses, depending on the brand.

**Hib** (*Haemophilus influenzae* type b) | *Maybe.* Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your healthcare provider to find out if you need this vaccine.

**Human papillomavirus** (HPV) | *Yes!* 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. All other men age 22 through 26 who want to be protected from HPV may receive it too. The vaccine is usually given in 3 doses over a 6-month period.

**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 vaccine if you were born in 1957 or later. You may also need a second dose.*

**Meningococcal ACWY** (MenACWY) | *Maybe.* You may need MenACWY 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.

**Meningococcal B** (MenB) | *Maybe.* You should consider MenB vaccine if you are age 23 or younger (even if you don’t have a high-risk medical condition). You need MenB if you have one of several health conditions,* for example, if you do not have a functioning spleen.

**Pneumococcal** (Pneumovax 23, PPSV23; Prevnar 13, PCV13) | *Yes!* If you are age 65 (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 a certain high-risk condition (for example, asthma, heart, lung, or kidney disease, immunosuppression, or you lack 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.*

**Tetanus, diphtheria, whooping cough (pertussis)** (Tdap,Td) | *Yes!* If you have not received a dose of Tdap during your lifetime, you need to get a Tdap shot now (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.

**Varicella** (Chickennpox) | *Maybe.* If you’ve never had chickenpox, never were vaccinated, or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*

**Zoster** (shingles) | *Yes!* If you are age 50 or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine, even if you already were vaccinated with Zostavax.

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

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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 for travel information, or consult a travel clinic.