

# IAC's Immunization Schedule for Adults – Now in 7 Languages!

Here's the link: [www.immunize.org/catg.d/p4030.pdf](http://www.immunize.org/catg.d/p4030.pdf)

This 1-page immunization schedule covers adults ages 19 and older. Download, print, and make copies, then give them to your patients!

Now available in the  
7 languages listed below!

- **Spanish**  
[www.immunize.org/catg.d/p4030-01.pdf](http://www.immunize.org/catg.d/p4030-01.pdf)
- **Arabic**  
[www.immunize.org/catg.d/p4030-20.pdf](http://www.immunize.org/catg.d/p4030-20.pdf)
- **Chinese (simplified)**  
[www.immunize.org/catg.d/p4030-08.pdf](http://www.immunize.org/catg.d/p4030-08.pdf)
- **French**  
[www.immunize.org/catg.d/p4030-10.pdf](http://www.immunize.org/catg.d/p4030-10.pdf)
- **Korean**  
[www.immunize.org/catg.d/p4030-09.pdf](http://www.immunize.org/catg.d/p4030-09.pdf)
- **Russian**  
[www.immunize.org/catg.d/p4030-07.pdf](http://www.immunize.org/catg.d/p4030-07.pdf)
- **Vietnamese**  
[www.immunize.org/catg.d/p4030-05.pdf](http://www.immunize.org/catg.d/p4030-05.pdf)

## 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?
<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, 6–12 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>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 healthcare provider to find out if you need this vaccine.
<b>Human papillomavirus</b> (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. Any man age 22 through 26 who wants to be protected from HPV may receive it, too. The vaccine is usually 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 vaccine if you were born in 1957 or later. You may also need a second dose.*
<b>Meningococcal ACWY</b> (MenACWY, MCV4)	<b>Maybe.</b> 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.
<b>Meningococcal B</b> (MenB)	<b>Maybe.</b> You should consider MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition). You may need MenB if you have one of several health conditions,* for example, if you do not have a functioning spleen.
<b>Pneumococcal</b> (Pneumovax, PPSV; Prevnar, PCV)	<b>Maybe.</b> 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 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</b> (pertussis) (Tdap, Td)	<b>Yes!</b> Adults who have not received a dose of Tdap during their lifetime need to get Tdap (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, never were vaccinated, 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 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?** Visit the Centers for Disease Control and Prevention's (CDC) website at [www.cdc.gov/travel/destinations/list](http://www.cdc.gov/travel/destinations/list) for travel information, or consult a travel clinic.



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