

Do You Know Which Adult Vaccines You Might Need?

Vaccines are recommended for all adults based on factors such as age, travel, occupation, medical history, and vaccines they have had in the past.

Below are the main vaccines you might need. But, this list may **not** include every vaccine that you need. Find out which vaccines you need by taking the quiz at:

www.cdc.gov/vaccines/AdultQuiz/

ALL adults 19 and older, including pregnant women, need:



Influenza vaccine every year

- A flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults

Tetanus, diphtheria, and pertussis (whooping cough) vaccine (Tdap)

- Adults should get a one-time dose of Tdap. Adults can get Tdap no matter when they got their last tetanus vaccine (Td), which is given every 10 years
- Pregnant women should get Tdap to protect themselves and their newborn babies from whooping cough



In addition to influenza and Tdap vaccines, you may also need other vaccines depending on your age or other factors.

Flip the page to learn more.

Talk to your healthcare provider about which vaccines are right for you.

In addition to influenza and Tdap vaccines, you may also need other vaccines depending on your age...

Young adults not yet vaccinated need:

- Human papillomavirus (HPV) vaccine series (3 doses) if you are:**
 - Female age 26 or younger
 - Male age 21 or younger
 - Male age 26 or younger who has sex with men, who is immunocompromised, or who has HIV

Adults born in the US in 1957 or after need:

- Measles, mumps, rubella (MMR) vaccine***
 - Adults should get at least one dose of MMR vaccine, unless they've already gotten this vaccine or have immunity to measles, mumps, and rubella

Adults born in the US in 1980 or after need:

- Varicella "chickenpox" vaccine***
 - Adults should get 2 doses of chickenpox vaccine unless they've already gotten both doses or have immunity to chickenpox

Adults 60 years of age and older need:

- Zoster "shingles" vaccine* (1 dose)**

Adults 65 years of age and older need:

- Pneumococcal polysaccharide vaccine (1 dose)**

You may also need other vaccines if you...

Are a health care worker:

- Hepatitis B vaccine series
- Measles, mumps, rubella (MMR) vaccine*
- Varicella vaccine*

Have heart disease or chronic lung disease:

- Pneumococcal polysaccharide vaccine

Have type I or type II diabetes:

- Hepatitis B vaccine series
- Pneumococcal polysaccharide vaccine

Have a weakened immune system or have HIV:

- Hepatitis B vaccine series
- Hib vaccine
- Both types of pneumococcal vaccines

Have chronic liver disease:

- Hepatitis A vaccine series
- Hepatitis B vaccine series
- Pneumococcal polysaccharide vaccine

Do not have a spleen or your spleen does not work well:

- Hib vaccine
- Meningococcal vaccine
- Both types of pneumococcal vaccines

Are a man who has sex with men:

- Hepatitis A vaccine series
- Hepatitis B vaccine series
- Human papillomavirus (HPV) vaccine series

Are a laboratory worker and may be routinely exposed to isolates of *Neisseria meningitidis*, or specimens potentially containing hepatitis A or hepatitis B virus:

- Hepatitis A vaccine series
- Hepatitis B vaccine series
- Meningococcal vaccine

Are a college freshman living in a residence hall:

- Meningococcal vaccine

Are planning to travel outside of the US:

See <http://wwwnc.cdc.gov/travel/page/vaccinations.htm> for more information.

* Live vaccines should not be given to people who have a very weakened immune system, including those with a CD4 count less than 200, or to pregnant women.

For more information on all vaccines, visit www.cdc.gov/vaccines.

Additional questions can be sent to cdcinfo@cdc.gov.