

# Vaccines

## Know what you need

Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. The vaccines recommended for you are based on your age, health condition, job, lifestyle, or travel habits.



**Talk to your healthcare professional about which vaccines are right for you!**

### Vaccines you may need based on your age:

#### Pneumococcal

**WHO?** Adults 65 and older,  
Adults younger than 65 who have certain chronic health conditions

**HOW OFTEN?** Two pneumococcal vaccines are recommended. Get one dose of PCV13 (conjugate vaccine) followed by one dose of PPSV23 (polysaccharide vaccine).

#### Shingles (Zoster)\*

**WHO?** Adults 50 and older, including adults who have had shingles or got the previous shingles vaccine (Zostavax)

**HOW OFTEN?** Two doses, 2 to 6 months apart

#### Human papillomavirus (HPV)

**WHO?** Females age 26 or younger  
Males age 21 or younger  
Males aged 22 through 26 who have sex with men

Recommended if you haven't received the full series

**HOW OFTEN?** One time series of two or three doses

#### Measles, mumps, rubella (MMR)\*

Recommended as a catch up if you didn't receive as a child

**WHO?** Adults born in the United States in 1957 or later who have not received MMR vaccine, or who had lab tests that showed they are not immune to measles, mumps, and rubella

**HOW OFTEN?** One time for most adults; however, certain people, such as college students, international travelers, or healthcare professionals, should get two doses

#### Chickenpox (Varicella)\*

Recommended as a catch up if you didn't receive as a child

**WHO?** Adults born in the United States in 1980 or later who have not received two doses of chickenpox vaccine or never had chickenpox

**HOW OFTEN?** One time series of two doses

\*Live vaccines should not be given to pregnant women or people who have a very weakened immune system. That includes people with HIV infection and a CD4 count less than 200.

### Vaccines recommended for everyone:

**Influenza vaccine** every year during flu season, including pregnant women during any trimester.

**Tdap vaccine** one time, no matter when you got your last tetanus (Td) vaccine. Pregnant women also need Tdap vaccine during every pregnancy.

**Td vaccine booster** every 10 years.

Immunization is one of the safest and most effective ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

# DON'T WAIT. VACCINATE!



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

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## Vaccines you may need depending on health conditions or other factors:

This chart shows some (but not all) vaccines you may need. Talk to your healthcare professional about the vaccines recommended for you.

	Hepatitis A Series	Hepatitis B Series	MenACWY <sup>§</sup>	MenB <sup>¶</sup>	PPSV23	PCV13
Weakened immune system			•	•	•	•
HIV		•	•		•	•
No spleen or spleen does not work well			•	•	•	•
Heart disease					•	
Chronic lung disease (for example COPD or Asthma)					•	
Diabetes: Type 1 or Type 2		•			•	
Chronic kidney disease or kidney failure		•			•	•
Chronic liver disease	•	•			•	
Chronic alcoholism					•	
Healthcare workers*		•				
Men who have sex with men	•	•				
First year college student living in residence halls			•			

\* For additional vaccines needed and more information: [www.cdc.gov/mmwr/preview/mmwrhtml/rr6007a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6007a1.htm)

<sup>§</sup> MenACWY (meningococcal conjugate vaccine)

<sup>¶</sup> MenB (serogroup B meningococcal vaccine)

**You may need other vaccines for international travel.**  
**Visit [www.cdc.gov/travel](http://www.cdc.gov/travel).**

Talk with your doctor or other healthcare professional to make sure you are up to date with the vaccines recommended for you.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

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