Vaccines recommended for you (adults 19 years and older):

- **Influenza**
  - Live nasal
  - Standard dose, inactivated
  - High dose, inactivated
  - Intradermal
  - Recombinant

- **Meningococcal**

- **MMR (measles, mumps, and rubella)**

- **Pneumococcal polysaccharide (PPSV23)**

- **Pneumococcal 13-valent conjugate (PCV13)**

- **Td (tetanus and diphtheria only)**

- **Tdap (Td plus pertussis, “whooping cough”)**

- **Zoster (shingles)**

- **Hepatitis A**

- **Hepatitis B**

- **Combination Hepatitis A and B vaccine**

- **HPV (Human papillomavirus)**

- **Other Vaccine:**

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**Healthcare professional signature**

- Visit [http://vaccine.healthmap.org](http://vaccine.healthmap.org) to find where to get vaccinated in your area
- To learn more about adult vaccines, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)