

# Vaccinations for Adults

## You're **NEVER** too old to get immunized!

Getting immunized 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.

	19 - 49 years	50 - 64 years	65 years & older
<b>Influenza</b>	You need a dose every fall (or winter) for your protection and for the protection of others around you.		
<b>Pneumococcal Polysaccharide</b>	You need 1–2 doses if you smoke cigarettes or if you have *asthma, diabetes mellitus, alcoholism, heart, liver or lung disease.		You need 1 dose after turning 65.
<b>Pneumococcal conjugate</b>	You may need this vaccine if you have specific medical conditions.*		You need 1 dose if you have never received 1 dose before.
<b>Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap)</b>	All adults need one dose of Tdap and a Tetanus containing booster dose every 10 years. Pregnant women should get a Tdap with <b>every pregnancy</b> .		
<b>Hepatitis B (HepB)</b>	You need this vaccine if you have a specific risk factor for hepatitis B virus infection* or you simply wish to be protected from this disease. The vaccine is given in 3 doses, usually over 6 months.		
<b>Hepatitis A (HepA)</b>	You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
<b>Human papillomavirus (HPV)</b>	You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.” May be recommended for men between 21-26 if they have certain risk factors.		
<b>Measles, mumps, rubella (MMR)</b>	You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2nd dose.*		
	You should receive 2 doses of MMR if you are a health care worker, a student, or traveling to an area with active measles transmission.		
<b>Varicella (Chickenpox)</b>	If you've never had chickenpox or you were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*		
<b>Meningococcal ACWY</b>	If you are going to college and plan to live in a dormitory, or have one of several medical conditions*, you need to get vaccinated against meningococcal disease. You may also need additional booster doses.*		
<b>Meningococcal MenB</b>	Consider a 2 dose series for persons 19-23.	You may need this vaccine with specific medical conditions*	
<b>Zoster-Shingrix (shingles)</b>	Two doses, 2-6 months apart, are recommended for adults 50 and older even if they have had the live shingles vaccine (Zostavax).		

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

**Do you travel outside the United States?** If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) or call (800) CDC-INFO [(800) 232-4636]. You may also consult a travel clinic or your healthcare provider.

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