

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
Infuenza	You need a dose every fall (or winter) for your protection and for the protection of others around you.		
Pneumococcal polysaccharide	You need 1–2 doses if you smoke cigarettes or if you have certain chronic medical conditions.*		You need 1 dose after turning 65.
Pneumococcal conjugate	You may need this vaccine if you have specific risk factors.*		You need 1 dose if you have never received 1 dose before.
Tetanus, diphtheria, pertussis (whooping cough) (Td, Tdap)	Any adult 19 years of age and older, including seniors, who has not received a dose of Tdap, should get one as soon as feasible - to protect themselves and infants. This Tdap booster dose can replace one of the 10-year Td booster doses. Tdap can be administered regardless of interval since the previous Td dose. You need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots sometime in your life or have a deep or dirty wound.		
Hepatitis B (HepB)	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.		
Hepatitis A (HepA)	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.		
Human papillomavirus (HPV)	You need this vaccine if you are a woman who is age 26 years or younger. One brand, Gardasil, can be given to men age 26 years or younger to prevent genital warts. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)	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.		
Varicella (Chickenpox)	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.*		
Meningococcal	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.*		
Zoster (shingles)		50-59 year-olds may consider this vaccine.	If you are age 60 years or older, you should get this vaccine now.

* 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 or call (800) CDC-INFO ([800] 232-4636). You may also consult a travel clinic or your healthcare provider.

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