

# 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/](http://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.***



National Center for Immunization and Respiratory Diseases  
Immunization Services Division



## 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 healthcare worker:

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

### Have heart disease or chronic lung disease:

- Pneumococcal polysaccharide vaccine

### Have type 1 or type 2 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.

To learn more about all vaccines, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

For more information, please call 1-800-CDC-INFO (800-232-4636) or visit [www.cdc.gov/info](http://www.cdc.gov/info)