



Vaccinations for Adults

You're NEVER too old to get immunized!

Getting immunized is a lifelong, life-protecting job. Don't leave your health professional's office without making sure you've had all the vaccinations you need.

Vaccine ▼ Age ►	19–49 years	50–64 years	65 years & older
Influenza	You need a dose yearly if you have a chronic health problem, are a health care worker, or have close contact with certain individuals.*	You need a dose every fall (or winter).	
Pneumococcal	You need 1–2 doses if you have certain chronic medical conditions.*		You need 1 dose at age 65 (or later); you may also need a 2nd dose.*
Tetanus, diphtheria (Td)	If you haven't had at least 3 tetanus and diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. You need a booster dose every 10 years. Consult your health professional if you have a deep or dirty wound.		
Hepatitis B (HepB)	You may need to complete a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3 usually given 5 months later). Ask your health professional whether you need this vaccine.		
Hepatitis A (HepA)	You may need 2 doses spaced 6–18 months apart. Ask your health professional whether you need this vaccine.		
Measles, mumps, rubella (MMR)	You need at least 1 dose of MMR if born in 1957 or later. You may also need a 2nd dose.*		
Varicella (Chickenpox)	If you've never had chickenpox, you should get vaccinated now (2 doses, 1–2 months apart).		
Meningococcal	If you are a young adult going to college, ask your health professional about your risk of meningococcal disease and if you need to get vaccinated.		

*Consult your health professional 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, including hepatitis A and meningococcal vaccines. The Centers for Disease Control and Prevention (CDC) operates an international traveler's immunization hotline. Call (877) 394-8747 or visit CDC's website at www.cdc.gov/travel for information about your destination. You may also consult a travel clinic or your health professional.